

Ref

Bowditch (H.)

# *Intemperance:*

AS GOVERNED BY COSMIC AND SOCIAL LAW.

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*HOW CAN WE BECOME A  
TEMPERATE PEOPLE?*

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# ANALYSIS OF THE CORRESPONDENCE

ON THE

## Use and Abuse of Intoxicating Drinks throughout the Globe,

WHICH WAS PRESENTED TO THE LEGISLATURE IN 1871:

OR,

INTEMPERANCE AS SEEN IN THE LIGHT OF COSMIC LAW

By H. I. BOWDITCH.

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## ANALYSIS OF THE CORRESPONDENCE.

OCTOBER 15, 1871.

*To the Members of the Massachusetts State Board of Health.*

GENTLEMEN :—In our Second Annual Report is printed a correspondence on the use and abuse of alcoholic stimulants among foreign nations, and a comparison of the same with our own country in this particular. I think this correspondence is unique not only for the extent of the surface of the globe that it embraces, but likewise for the character of our correspondents. Last year, owing to want of time, the letters were printed without comment, except a most imperfect analysis of them.

I have thought that they should receive more attention from us, and that all their essential truths or apparent truths should be sifted out and brought more clearly into view. I have had this end in view while preparing this communication for you.

I cannot perhaps hope to gain the unanimous consent of the Board to all the propositions I may feel justified in laying down after a fair consideration of the various letters. But I trust you will believe that I have endeavored to get at the exact truth.

In commencing the correspondence as your representative I had no other object in view than to get the opinions of able correspondents, most of them either American ambassadors to different courts or consuls from the American government stationed in all the various important countries of the world to which our commerce extends. My questions embraced two main ideas. They were put briefly, because I believed that if I asked a few questions containing seminal principles, I should get ampler responses than if I should ask a greater number, which would necessarily require a longer time and perhaps much study to answer correctly.

The two ideas were, First: to learn the nature and character of the stimulants used (if any were so used) by the inhabitants of countries to which said correspondents were accredited, and the influence of such indulgence on the health and prosperity of the people.

Second: the relative amount of intoxication in said countries compared with that known by such correspondents to exist in the United States.

The papers were sent to thirty-three resident American ambassadors and one hundred and thirty-two consuls and a few other non-official personages and friends whose opinions I knew would be of great value if obtained.

Among these correspondents are many of our most distinguished citizens, some of whom are well known for their eminent intellectual and moral qualities. Usually they have resided for some years in the places from which they write, and are of course generally well acquainted with the habits of the people, not only of the cities from which they reply, but also with those of the people of the districts or countries in which these cities are situated. Most of them write as if they knew well the habits of the people, and also those of our own nation in reference to the use and abuse of stimulating drink. Hence their opinions on that subject are of great value.

*Extent of our Correspondence on the Use and Abuse of Stimulants. Cosmic View indicated.*

The correspondence virtually embraces the civilized parts of the globe. The letters came from forty-nine different places, *i. e.* from a little more than one-fourth of those to whom the circular was sent, which with three from this country, made fifty-two different "observation stations," so to speak. I admit that this number is too small to allow us to lay down perfectly positive laws in regard to the topics suggested. But while admitting this much, we may, I think, with equal certainty, be allowed to *find some hints* toward the unravelling and establishing of the great laws which govern the vice of drunkenness the world over. The laws of nature are marvellous in their wide-spread and sometimes most hidden influence. Looked at broadly, they seem to govern all incidents, even those apparently most subject to the influence of human caprice.



By the rigor of modern statistical science, we can foretell the number of suicides that will be committed during any season, or part of a season, in any of the great capitals of Europe or of this country. This can be said of most if not all human events. Can we not therefore hope to learn by these widely spread, if not numerous data on intoxication, some of the laws governing this terrible evil of our race? If we can do this, we may be better able to solve that most important question to us of the present hour, viz.: the prevalence of this vice and its treatment in Massachusetts.

The correspondence was begun, in fact, in order to fulfil the law of the State, which requires the Board to report from time to time whatever information it can obtain upon this vast subject.

#### *Analysis of our Correspondence.*

This correspondence is distributed as follows:—

From Europe, . . . . .	28 places.
Asia, . . . . .	3 “
Africa, . . . . .	2 “
South America, . . . . .	6 “
Canada, . . . . .	1 “
West India Islands, . . . . .	3 “
Islands of the Atlantic, . . . . .	3 “
Sandwich Islands (Pacific Ocean), . . . . .	1 “
Malta (Mediterranean), . . . . .	1 “
Australia, . . . . .	1 “
United States,* . . . . .	3 “
	—
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#### *Love of Stimulants a Human Instinct.*

The first deduction we can make from this correspondence is that this appetite for stimulants is one of the strongest of human instincts. It is seen in every nation, in all quarters of the globe. Savage or civilized man alike purchases or makes his appropriate stimulant. Nature seems in fact unbounded in its liberality in this particular. For wherever on the globe he may

\* In this estimate the valuable correspondence from Massachusetts is considered as a unit.

be, man finds some means for exhilaration or for soothing himself amid the cares and trials that he may meet. Having been made a free agent he is permitted to use or abuse this bounty, and his own tendency to drink. Deeply rooted as any of the human instincts, this tendency may, if unrestrained by conscience, reason and education, bring disaster and often ruin in its train.

*It varies under different Influences, Climate, Race, Fashion, etc.*

But the tendency to inordinate indulgence and intoxication seems to vary with varying climatic law ; with the character of the race, and according to the fashion or taste that may have been modified by centuries of custom or of law ; with the character of the stimulant used ; and finally, with the cultivation or non-cultivation of the grape. In other words, this correspondence seems to indicate that intemperance is governed by great cosmic, social and industrial laws. These should all be duly considered in any practical treatment of this vast evil.

I will arrange what I have to say on this part of my subject under the following heads.

1. Intemperance according to isothermal lines.
2. Intemperance according to race.
3. Intemperance according to the character of the stimulant used.
4. Intemperance as influenced by the culture of the grape.

I trust that I shall be able sufficiently to show that each and all have important bearings upon the sacred cause of Temperance in this State. I am convinced that in all efforts here in behalf of that cause, they must be duly weighed, not only by legislators who would enact laws for the prevention of Intemperance, but by the whole people.

#### *Intemperance according to Isothermal Lines.*

Our correspondence points to the existence of a great cosmic law which influences the prevalence of intemperance over the entire globe.

Near the equator, where man is constantly subjected to the direct and powerful rays of a vertical sun, and where the



human body is as constantly bathed in perspiration and perhaps panting with excessive heat, there seems to be less need of stimulating drinks than in countries farther removed from the equator.

Correspondents assure us that in the tropics intemperance in the use of liquors is very rare. One speaks of it as a "social crime." A man may be a gambler, or the grossest of libertines, and still be received as an equal in polite society, but if guilty of intemperance he loses caste as one who violates one of the sacred laws of social life. Moreover the people of the tropics, when using these strong drinks, *sip* them from small "*liqueur*" glasses, from which it would be impossible to get the long and deep draughts so common in these northern climes.

These may be said to be the characteristics of the drinking customs of nations living between the isothermal lines of 77° Fahrenheit, north and south of the equatorial line of 82° 4' F.

On the chart they are marked green, and all but two lie between 77° F. north, and 77° F. south.

Proceeding northward, as we know by our European correspondence, and as we may infer also southward over similar tracts of country in the southern hemisphere, viz.: between the isothermal lines of 77° Fahrenheit, and 50°, north and south, we find regions where the grape-vine grows luxuriantly, and each man may, if he choose, have his own vineyard. We know that in Europe these regions are covered by the richest vineyards and that very many kinds of light and but gently stimulating wines are made. These wines are drunk freely by all the inhabitants. In some districts the babes drink them as they would their mother's milk. They are used by young and old.

In Spain some writers declare that wine is more common than water, a fact very easy of belief by any one who has ever driven dry-shod over the bed of one of the noblest of the rivers of Spain. The vine grows on an arid soil, and the grape-juice becomes the universal beverage.

Intemperance while being still quite rare is less disgraceful than at the tropics. We hear nothing of its being a social crime. Occasionally a man will reel staggering home supported by wife and friend on either side. He is mild, and only unduly elated. His excitement bursts out into flashes of drunken



wit or joviality. Rarely if ever does he become malicious or cruel. He is "jolly drunk" not "crazy drunk," as men so often are with us, so says one of our most intelligent correspondents. On the chart, these are marked purple, yellow, orange and blue.

Finally we come above the isothermal lines of 50° F. north, and probably south. Over these regions the vine, although it is found wild, is of less luxuriant growth, and the grapes seem less fitted for the making of wine than grapes grown nearer the isothermal line 77°. But whether it be owing to the imperfection of the grape matters but little for our statement, which I believe is true, viz.: that Russia and all the great Scandinavian people, the Anglo-Saxon and Celt of Great Britain, above 50° F., drink deeply and of more fiery liquor, than the men of the South. Instead of simple exhilaration such as is generally seen on the shores of the Adriatic and the vine-clad hills of Southern Germany and Spain, the dwellers along the Baltic and the northern seas drink even to narcotism, and lie in beastly intoxication perchance in the very gutters of many a northern city. All these except one (viz.: Ceylon a British colony) lie above 50° and are marked scarlet and with a cross.

All this information from our correspondents may be condensed into the statement of a general law, which I will now lay down as I deem it shadowed forth by them:

*Intemperance prevails the world over, but it is very rare at the equator. The tendency increases according to latitude, becoming more frequent, and more brutal and disastrous in its effects on man and society, as we approach the northern regions.*

#### *Cosmic View of Intemperance.*

It would seem therefore as if the burning zone of the tropics took from man the desire for intoxication from alcohol, while it induces him to while away the hours under the fumes of opium, tobacco, or of hasheesh, or in the drinking of coffee or of tea. In the central regions of Europe the taste for alcohol increases, and here bounteous nature provides abundant crops of luscious grapes, which serve not only for food, but also afford the mildly stimulating wines which can be used *temperately* by every age, and apparently without evil. If indulged in excessively they

will of course produce intoxication, but even that, though a little more frequent than in the tropics, is rarely of that demoniac or narcotic character seen in the North of Europe, and throughout the whole of our own country.

Finally, above the isothermal line of 50° F. north, and when we get into the colder regions of the earth, man dresses in furs, and heats his houses with furnaces. He drinks fiery potions, which give a glow to his system which enables him, as he thinks, to defend himself more easily from the bitter cold climate in which his fate has placed him. The northern babe, by the very fact that he is born amid snows, tends more to fall into intemperate habits than his young peer of the tropics. The passion for drink lies dormant but fiercely threatening the northern youth, while some of his other animal passions are checked by the same influences of climate. The very reverse happens to the youth of the tropics. Heat checks the love of liquor, but stimulates to unbridled licentiousness. All this may seem very frightful, and some may ask, if I attribute so much to climate, how can any one escape? It is not for me to answer the question, but I know of no good reason why, notwithstanding such a question may be asked, the vast influence of climatic law should not be broadly stated,—and a german statement should not be neglected, viz.: that as we approach the north the vine disappears, or produces a grape less fit for wine, and that, to meet this want of some stimulus, man distils an ardent spirit from grains or roots, which too often proves a curse to himself and to his progeny. For these strong liquids when used intemperately encroach more upon the vital forces of man's nature than do the wines of the central portions of the earth.\*

\* I find in Beckwith's "Practical Notes on Wine" (London, 1868) the following quotations: "Prof Liebig writes, 'wine as a restorative, as a means of refreshment when the powers of life are exhausted, as a means of correction and of compensation where misproportion occurs in nutrition and the organism is deranged in its operation, and as a means of protection against transient organic disturbances *is surpassed by no product of nature or art.*' \* \* In the rich cities of the Rhine, wine is the universal medicine for the healthy as well as for the sick, and it is milk to the aged.'" (page 73.)

"Of spirits" he says, "he who drinks them draws a bill, so to speak, on his health, which must always be renewed, because for want of means he cannot take it up. He consumes his capital instead of his interest, and the result is the bankruptcy of his body."

Mr. Druitt (Report on Cheap Wines) says, "It is not only in a medical point of view, but as a friend of sobriety and morals that I venture to advocate the larger use of wine, i. e. pure wine as a beverage." (Beckwith, page 74.)



*Climate in America peculiarly stimulating.*

In further proof of the influence of climate, and at the same time to give a warning to our people in regard to the use of liquors in America, I may add the well-known fact that Englishmen on arriving at this country find themselves unable to bear the same amount of liquor of any kind that they have always used with impunity in Europe. The peculiarly stimulating nature of our climate excites the nervous system so much that we should endeavor to be *more* temperate in this country than the nations living in Europe between the same isothermal lines need to be. The following curious facts illustrative of this statement I had from an intelligent physician in this neighborhood:—

Two Englishmen were travelling at their ease through New England, and continued the same amount of stimulants they had always used. They were quite astonished when after a three months' trip they were both about the same time seized with an attack of delirium tremens, which had never afflicted them in England.\*

Similar but exactly opposite results have been noticed by Americans when visiting Europe. Many a total abstinence man in America has been led while in Europe to use the mild wines of those regions in moderate measure, but as a common beverage at his dinner, and this with decided advantage to his general health. On his return to this country he is often either unable to use similar wines, or he has no desire for them.

*Intemperance as influenced by Race.*

From what I have heretofore stated it seems that a child born in England or in any country above 50° F. is by that very fact more in danger of falling into intemperance than one born in Spain or Italy or on a spot still nearer to the equator.

But in addition to this powerful climatic law each nation seems to have its own peculiar tastes in the choice of stimulating drinks. Each one also is now perhaps suffering or is benefited by these tastes as influenced by customs or fostered by fashion or by bad or good laws. The Scotchman of the present

\* For curious differences of climatic effect on the nervous system in California, New England and Great Britain, see Dr. Tyler's statement, Appendix, 13.



hour drinks his strong whiskey, poetically styled his "Mountain Dew." The Hollander grows duller and more sluggish with his gin. Drunkenness and crime follow in the train of these two liquors. The volatile Italian and Spaniard drink their mild native wines as freely as they do their mother's milk. Neither of these becomes a nuisance to themselves or to others by beastly intoxication. The Frenchman and the people of some Swiss countries are, if we may trust to recent academic\* discussions, giving up the unadulterated juice of the grape, and are being undermined in health and morals by the powerful but seductive stimulus of brandy, absinthe, or of Schnapps.

The excitable Irishman *swallows rapidly* his strong whiskey containing often more than fifty per cent. of alcohol. Even in small quantities this stirs up his combative qualities; or if perchance the shillelah is brandished at some "vanity fair" as a matter of pure "fun!", it is often wielded so formidably that his neighbor's head is as readily broken as when the weapon is swung in the deadly fight.

On the contrary, the naturally sedate German *drinks slowly* in beer saloons and, amid clouds of tobacco smoke, from huge Lutheran cups, his favorite lager beer containing about six per cent. of alcohol. He may become merry or he may become dull, but he rarely if ever fights.† The American Republic, though broadly British in its origin, and therefore inheriting British tastes for strong liquors, has become by immigration truly cosmopolitan. For more than a century men from every country have taken refuge here and have brought their national habits with them. America in her fertility of resources has increased this love of strong liquor. "American drinks," with all their grotesque nicknames, are fast becoming bye-words for the confirmed sots or the youthful devotees to drunkenness throughout Europe. The native American, I regret to say, tends rather to the Celtic than to the German habits of drinking.

\* See recent debates in the French Academy of Medicine.

† In continuation of this subject and for curious details relative to Russia, Sweden, Norway, Australia, Feejee Islands, Kamschatka and West Indies, see Appendix, 6, 7, 8, 10, 11, 12.

*Races are educated to use Strong Liquors by Bad Laws and by other Influences.*

That races may be so educated by evil legislation and by other influences in this matter of using intoxicating drinks we have a singularly interesting example in the *present* condition of England. The country has been educated in its tastes for strong liquors to a higher degree than mere climatic law would have carried it. Bad legislation and wars, especially between England and France, have been the agencies that have been at work.

The Romans when they had possession of the country cultivated vineyards, and they flourished well in the south of England. After the overthrow of the Roman power and during the disturbed times of the early and more modern history, grape culture was neglected.

Alfred the Great, in the ninth century, wisely ordered its renewal, and brought over to England foreign fruit-growers. At the time of the Norman Conquest vineyards were found in many of the warm and fruitful valleys where the cloistered monks had built their abbeys. Vine Street at Westminster still points to the royal vineyard of those days and near by and under the protection of royal and knightly castles vines were grown and wines made.

But as the climate of England was not so favorable as that of France for grape culture large quantities of wine were imported in the tenth and eleventh centuries. In 1373, according to Froissart, no less than two hundred ships went annually to Bordeaux in the wine trade.\* Similar statements in regard to the foreign cultivation of the grape in England are found at page 470 of Sir Edward Barry's singularly interesting work.† It would be fortunate for England if matters had not been materially changed from this.

An author ‡ who has studied the subject writes as follows :—

“Down to the time of the Revolution of 1688 great quantities of

\* Geschichte des Weins und der Trinkgelage—Ein Beitrag zur allgemeinen Kultur und Sittengeschichte nach den besten Quellen bearbeitet und populär dargestellt für das deutsche Volk, Von Rudolf Schultze. Berlin, 1867, p. 82, &c.

† Observations Historical, Critical and Medical on the Wines of the Ancients, etc.; by Sir Edward Barry, Bar. London, 1775.

‡ Wines and Wine Countries, etc., by Charles Tovey. London: Hamilton Adams & Co. 1862.

French wines were imported to the extent, in some years, of 20,000 tons. The jealousy toward everything French after that time induced the laying on of enormous duties by the legislature." (p. 53.) In 1703 by the treaty of Methuen they practically excluded the light wines of France, and the English were forced much against their will to seek in Portugal the strongly fortified port. (p. 56.) This has been unfavorable to the moral status of England. For the long-continued use of the coarse and rough vintage of Portugal, made additionally so by the addition of spirit, caused the relish for light and delicate wines to decline in England." (p. 57.)

The writer hopes for much good from the recent treaties brought about by Napoleon the Third and Mr. Cobden. Already the use of claret is becoming very common and stronger beverages are less used.

In the work above cited, I also find the following quotation from a speech made by the present prime minister, Mr. Gladstone, in 1861, when alluding to the same fact (page 18):—

"The taste for wine in England is materially connected with the course of our politics and the revolution of 1688, but still more the Hanoverian succession and our wars with France contributed greatly to alter the taste of the country, so that those who before loved light wines began to love sherry wines. I believe it is on record, that the University of Oxford petitioned Parliament against the grievance of laying heavy duties on light wines, and compelling them to drink port."\*

I quote these passages, 1st: to prove that we in the north of this country, coming as we do chiefly of the British stock, not only have the same climatic law that prevails above 50° F., but that we likewise inherit this taste for strong drinks as fostered by English folly.

2d: as a warning to our people. By our present unwise and high tariff on the mild wines of Europe, the people of this country are led to use the only drinks provided for them, viz.: the coarser liquors. Are we not, in so doing, following exactly

\* Macaulay (History of England Vol. 4, 235) states that in 1648 wine was given up from hospitable homes and punch put in its place, and worse than the change of brandy and lemonade for claret, was the increase of crime in 1692. Like causes produce like effects, and as in England during the 17th century, so it is now in the 19th century in America. We shut out light wines and beers of the same class, and instead thereof we have whiskey without stint.



in the absurd way, I do not say wicked example, set by England two centuries ago? The civilization of monarchial Britain of the 17th century governs in fact Republican America of the 19th. God grant that we may take warning in due season.

*Intemperance influenced by Fashion.*

There can be no doubt that the custom of having liquor openly displayed upon the "sideboards" of our ancestors, and the correlative custom of inviting every visitor to "take a glass" with the host, was in former times a source of unmitigated evil. It often terminated in exciting to gross habits of intemperance on the part of the host and of the guest. Especially was the latter too often the victim, if he happened to be of a profession like a physician that required a daily round of visits. He might begin his circuit with mind bright and clear, but he concluded it in a very different condition. As these *private "bars"* have been, by fashion closed, we may hope fashion will, at some future time, consider him that keeps an *open public bar* as much out of the pale of decent society as any estate holder, who should revive this custom of olden time to which I now refer.

Some of our foreign correspondence allude to the evil custom we have in America of "treating" one's acquaintance to a "drink" at any hour of the day. They speak of it as most deleterious, and as not existing in the countries where they reside. In fact, I believe that the custom of pledging friendship in flowing cups of "grog," is almost peculiar to this country. It is a curious fact, moreover, that this fashion becomes more and more dictatorial as one proceeds southward in the United States. In some places in our southern country, to refuse to muddle one's brains with liquor, to be drunk at an open bar at the invitation of a friend, is among the grossest of insults!

Fashion thus overrides, for a time at least, all climatic laws.

*Open Dram Shops an unmitigated Evil.*

Every one, I think, will admit that among the most pernicious customs of this country is the support given by the community to open dram shops, where the coarser liquors are exposed for sale to all comers. It is the *great evil of our country*. Our correspondents give us important information on this subject.

They are open at St. Croix (tropics), but the people there drink liquor in small quantities. "Twenty years ago they were frequent at Frankfort in Germany. Brandy was drunk freely. Of late years in *consequence of improvement in beer, and the introduction of coffee, these shops have nearly wholly disappeared, and intoxication has decreased.*" "Drunkards have disappeared" (page 285 Report). There is no doubt, whatever, that to devise some way whereby such shops could be, with the unanimous consent of the people, effectually closed in our country would be of the greatest moral, physical and pecuniary benefit to the nation.

I recently had a conversation with a German keeper of a lager-beer saloon. Although, in the eyes of some of our temperance friends, we should not expect much wisdom from such a source, I got matter so full of common sense, that I will give the substance of it:—

"Your dram shops for the sale of whiskey and strong liquors are very bad for the people, besides being very expensive. A young man enters one of them intending to take only *one* glass of whiskey. He meets friends and asks them to 'take a glass' with him. In so doing he *pays* perhaps *three or four times* as much as he originally intended.

"The liquor immediately and rapidly swallowed flies into his head. But his companions to return the compliment, perhaps in turn, ask him to drink with each one of them, and then he falls into a still greater difficulty. For he loses wholly his head, after having previously spent more money than he intended. The loss of a whole day of work, and perhaps an arrest for drunkenness with entanglement in the law, and a fine or imprisonment, may very probably be the result.

"The Germans do not have such a custom in their lager-beer saloons. A German may be drinking his beer as his friend enters and he passes his own mug to him to drink from. His friend sips and courtesy is satisfied. Then both sit down, perhaps at the same table, and *slowly drink* a large quantity of lager-beer. Doubtless they both become merry, and German songs may be the result, but rarely, if ever, do the terrible evils follow which so often flow from *one* glass of whiskey when *drunk rapidly*, and while standing at one of your open bars."

In fact, as my informant added as a final remark, "Any German who habitually gets intoxicated in the lager-beer saloon, is avoided by the company assembled. They keep away from his table and do not invite him to their own."

Surely no reasonable man can doubt which of the two customs is the better one, or fail to see how very deleterious our custom must be.

*Legislators cannot neglect these great Cosmic and Social Laws.*

In all his dealings with intemperance in this country the real statesman *must* consider these primal influences of the climate in which a people lives, and of these tastes of the race. In our country the question is presented in a more complicated form than in any other, from the very fact of the great variety of people that forms our nation. Doubtless this makes legislation more difficult, but that is no reason why a statesman should ignore these great facts.

*Crime in consequence of Intoxication.*

One of the questions asked our foreign correspondents was the amount of crime caused by intemperance. The following table presents the results of an analysis of their opinions on this question :—

TABLE showing the relative Amount of Crime consequent on Intoxicating Drinks according to the Temperature of the Places in which the Crime occurred.

<i>Large Amount.</i>				<i>Very Little.</i>				<i>Isothermal.</i>			
			<i>Isothermal.</i>								
Edinburgh,	.	.	41.50	Elsinore,	.	.	.	.	41.50		
Dublin,	.	.	"	Frankfort,	.	.	.	.	50.59		
Manchester,	.	.	"	Japan,	.	.	.	.	"		
Toronto,	.	.	"	Trieste,	.	.	.	.	"		
Berne,	.	.	50.59	Athens,	.	.	.	.	59.68		
Odessa,	.	.	"	Cadiz,	.	.	.	.	"		
Rotterdam,	.	.	"	Fayal,	.	.	.	.	"		
Utrecht,	.	.	"	Funchal,	.	.	.	.	"		
Zurich,	.	.	"	Italy,	.	.	.	.	"		
				Beyroot,	.	.	.	.	"		
				Lima,	.	.	.	.	68.74		
				Pernambuco,	.	.	.	.	77.82		
				St. Croix,	.	.	.	.	"		
				Cape Haytien,	.	.	.	.	"		
				Trinidad de Cuba,	.	.	.	.	"		
				Zanzibar,	.	.	.	.	"		



TABLE—Continued.

Among Foreigners (chiefly American-English).		Isothermal.	
Trieste, . . . .	50.59	Nicaragua, . . . .	77.82
Beyroot, . . . .	59.68	Pernambuco, . . . .	"
Malta, . . . .	"	<i>Increase since Using Spirits (arrack).</i>	
Athens, . . . .	"	Isothermal.	
Cadiz, . . . .	"	Ceylon, . . . .	77.82
Constantinople, . . . .	"	<i>Due to Spirit, not to Wine.</i>	
Egypt, . . . .	68.77	Isothermal.	
Lima, . . . .	"	Italy, . . . .	59.68

A glance at this table reveals the fact that where the temperature indicates a colder region, and, consequent on the above-named climatic law, where *ardent spirits* are used to the exclusion of milder stimulants, there crime in consequence of intoxication is more prevalent. Even the apparent exceptions to this statement admit of explanation, and seem to prove only the over-powering influence of race or of the religion prevailing in the place, or that a mild stimulant is used.

For example, Elsinore in the North, between (41.50) and Ceylon at the equator, (77.50), have some peculiarities which at first sight seem to render them exceptions. In reference to Elsinore, our correspondent states that the people are remarkably peaceable and orderly, having no rowdyism in the streets. "The police magistrate states that no cases of murder, homicide or theft which have been brought before him could be traced to the influence of drink."

"Arrests for street disorder are very rare among the inhabitants, and chiefly confined to foreign seamen."

But a very important point, as we shall hereafter see, is the fact, that a "mild, very thin and weak" beer, ranging in price from one to four cents per bottle is drunk, averaging about twenty gallons annually to each head of the population. "This large annual consumption does not seem to have an injurious effect on the health of the people,"—as they are a strong, hardy race and "with an average duration of life greater than in the United States." With this mild beverage a little less than one-quarter of the same amount of corn brandy is also drunk. The mild beer is evidently the favorite beverage of the people.

In the case of Ceylon, we have only to know that the island has been governed by the English race since 1815, having been previously under the Dutch, and that by the habits of these two races the island has been overshadowed. The same results have come out on a grander scale in America from similar colonization. In Ceylon the habits of race have overrun all climatic law. Palm toddy and arrack are everywhere used, and the right to distil the latter is a source of revenue to the government. Opium and hemp are added to these stimulants and used by Malays and Hindoos. It would be amusing if it were not sad to read the following final comments from our correspondent. It is so like what is often asserted about similar police matters in various parts of Massachusetts. "Arrack drinking and gambling are at the root of much of the crime committed in Ceylon, and the police, rural and regular, require, to say the least, strict looking after."

It seems to be undoubtedly true that crime in the North is in the vast majority of cases consequent on intoxication. Our Dublin correspondent is especially earnest on this point.\*

The following data from the report of the chief of the police of Boston, and the last census report (not yet printed) become very interesting in this connection, if we believe that the Irishmen of Boston do not in one generation change much from the Irishmen of Dublin, and that the habits of the staid German, man or woman do not change much if you transfer them from the neighborhood of the Black Forest to Boston.

The report is given under the title of "Nativity of Prisoners."

The following table made from these two sources shows first, the number in Boston of Irish and Germans; second, the number of each nation; third, the percentage of prisoners to the whole population:—

\* Mr. Justice Lamson in his address to the grand jury at Armagh, 1869, says that "all the crimes we meet on circuit are more or less directly or indirectly caused by drunkenness."

	Population.	No. of Prison- ers.	Percentage of Prisoners to the Population.
Irish, . . . . .	56,900	14,673	25.78
German, . . . . .	5,606	364	6.49

The extraordinary difference between the percentages of crime perpetrated by the German and Irish is a peculiar fact, to be interpreted partly by the differences in the temperaments of the two people, but still more I am inclined to believe by the difference in the liquors used by the two. I cannot but think that if the Germans were to drink rum and whiskey as the Irish do, a much larger proportion of crime would be found among them than now, for whiskey does not, so far as I know, affect a German's body differently from an Irishman's body. I would likewise suggest the following proposition: Take away the whiskey from the Irishman and persuade him to use lager beer or Bavarian ale, and perhaps you will take from him a good deal of his pugnacity, and he will be less frequently drunk.

But if we had been unable to get official statistical returns, it must have been evident to every one that whereas an American, or an Irishman is almost daily seen drunk in our streets, a German is very rarely found so. In truth I do not remember to have ever seen a German reeling home intoxicated, or sound asleep on some doorstep, evidently narcotized as the Yankee or Irishman is likely to be by some violent liquor.\*

This fact is as above suggested due partly to the different excitability of the races; but still more to the fact that they have been for centuries educated to use two very different kinds of drink.

To sum up all, we may say that two factors enter into the commission of crime consequent on intemperance, as they do into the prevalence of intemperance itself. It appears, 1st: that crime due to drunkenness increases as we go from the equator. 2d: that a mild stimulant used even in the North probably does not lead to crime as stronger liquors do.

\* See Appendix, 4.



*Relative Amount of Intoxication in America and Foreign Countries.*

The opinions of our correspondents are almost without exception unfavorable to the United States. We have the tastes for intoxication which climatic law and long years of habits of intemperance on the part of our English ancestry have engendered, and all these influences are increased vastly by the stimulating nature of our own American climate—at least that found along the Atlantic slope.

Dublin, Manchester, Ceylon and the Netherlands would seem, with doubtless some others at the North, to vie with America. But in the majority of instances other countries stand vastly higher than we do in their exemption from intoxication.

*Are all kinds of Ales, Beer, Rum, and distilled Alcoholic Stimulants to be classed as alike equally and always injurious?*

Some writers in this country and in Europe in their zeal for the noble cause of temperance, take the affirmative of this question and claim that alcohol in any form is “*always a poison.*” I cannot hold this opinion, nor do I think that the clinical experience of any physician will admit of it.

The subject is frequently touched upon by our correspondents. Professors Tilamus and Swinger, of Amsterdam, write in favor of abolishing even the moderate use of strong drinks as “always unhealthy” and “against the moral development and material prosperity” of any people, and “as the greatest underminer of the actual welfare of mankind” (p. 345).

The Secretary of the Netherland Society for the abolition of strong drinks, writes that “gin is the beverage of the people and to such an extent as to create a general anxiety about the future of the nation.” He adds, “we believe that every drop of alcohol is injurious and the beginning of wilful poisoning.” He likewise states that “gin drinking is becoming indecent” (p. 340).

Another correspondent, on the contrary, writes from Trieste (p. 334), that “the drinking of wine and beer is universal.” “From infancy to age they (wines) are the common beverage, but are generally, as by Homer’s heroes, mixed with water.” The same writer admits that on Saturday night a pretty large number of laboring people are “jolly drunk,” but not “savage drunk.” The latter condition is “unknown”—*save among English or American sailors visiting the port.*

Among the better classes "no instance is known of a merchant, lawyer, physician, shop-keeper, or master mechanic, becoming an inebriate and gradually losing position, prosperity, and business, and sinking into a drunkard's grave." One or more Englishmen and Americans, however, ruin themselves by the use *not of wine but of spirits* (p. 335).

In Ceylon "arrack" (like whiskey) "is an unmitigated evil and ruins many every year." Let it be remembered, however, in this connection, that Ceylon has been for nearly three generations a *British* colony.

In Russia "Vodka" (like our whiskey) drinkers are seen staggering through the streets, "or lying insensible in some corner" (as observable so often in New England). But among the wine tipplers, even when drinking freely, rarely are seen drunkards (p. 301).

Our ambassador from Greece (p. 258), says: "Alcoholic drinks, spirits, rum, &c., are very deleterious in these warm countries. This fact and the comparatively high cost of these stimulants limit their consumption. The light wine of the country, on the contrary, is generally regarded as harmless in its effects, if not positively wholesome, when drunk in moderation." And even when used immoderately it, in some instances, at least, seems to do little harm, if we may trust the story by our correspondent of an old priest, over ninety years old, who had drank twelve bottles per diem for many years. While we must admit that such habits as this Bacchanalian priest had can scarcely be called temperate, it seems to indicate that there is a vast difference between the effects of native mild wines, and our strong distilled alcoholic stimulants. The well known and astonishing infrequency of death from delirium tremens and diseases of the brain in Athens consequent on liquors drank, confirms the above.

Our correspondent, the Hon. John Jay, minister to Austria, entered most warmly into the questions proposed by the Board, and through his influence we procured statistical proof from the Statistical Central Bureau of the Austrian Empire. The facts are terrible and show conclusively that very different effects are produced on the human system by different liquors. It seems that the various species may be arranged in three categories, according to the violence of their effects: First, and mildest,

beer and ale. Second, mild, native, "unfortified" wines. Third, ardent spirits, rum, brandy, whiskey, and strongly fortified wines.

Mr. Jay in his letter writes : "I am advised by those in whose judgment I have confidence, that the chief intoxicating drinks in Austria are beer and wine, and that but a small amount of spirituous liquor is consumed excepting in Galicia ; that the relative consumption of wine by the people is diminishing, and that of beer is increasing ; that the beer in general use is of light kind requiring the consumption of a large amount to stupefy or intoxicate." Among other items quoted by Mr. Jay, is the fact that "each inhabitant of Austria-Hungary expends eight times as much money for spirituous liquors as he does for iron, the most important agent of active industry (p. 307).\*

Again, the different provinces of the country show the different effects of the ale, wine, and ardent spirits. Three groups of provinces can be named as varying most. They can be classified according to the liquor most generally used. It is found that the Western Provinces, where beer is most used, stand highest ; the wine-consuming Hungarians, are much below them ; "while the Galician peasant who ruinously exchanges for brandy his corn before it is ripe and while yet in the pod, is lowest in the scale of industrial development. Indeed the degeneracy of the race in Galicia, although perhaps other agencies may contribute to it, is to be sought mainly in the excessive use of corn-brandy, and thence it comes to pass that out of the men called to military duty in Galicia, 37.9 per cent. are rejected as unserviceable on account of physical disability and infirmity, and 18 per cent. on account of under stature. Accordingly, in all, 55.9 per cent. of those called are unserviceable in the army, while in the entire monarchy 33.5 per cent. are rejected on account of physical disability and infirmity, and only 9.2 for under stature " (p. 308).

Our correspondent at Berne confirms this view by the following statement (p. 263) :—

"A very intelligent gentleman at Lucerne, a member of the cantonal legislature said 'that some years since he had the charge of enrolling the citizens of that canton subject to military service and

\* Statistical Central Bureau of Austria, from the Minister of the Foreign Office.



was struck with the difference between the people where wine is produced and has always been a common beverage, and those of other districts where wine is not used and schnapps is the common drink. The physical superiority of the former class was, according to his account, very striking and the percentage of able-bodied men in the wine-producing districts very much greater. He attributed the difference in great part, if not to the positive virtues of wine as a beverage, at least to the positive evils produced by schnapps-drinking."

Our correspondent, it is true, suggests that soil and generous climate and greater wealth may have had some influence in this result. Whatever may be the various causes contributing to the result, we cannot shut our eyes to the facts brought forward by the Austrian minister, supported as they are by those from Switzerland. To me they seem to confirm what medical experience teaches, that rum and ardent spirit drinkers lower their own vitality, and the children of drunkards are more puny than those of the more temperate.

*Ardent Spirits used intemperately Crush out Manliness, and Dwarf a Race.*

Thus we get from our correspondents a most shocking array of evidence proving that the free and intemperate use of *ardent spirits* not only crushes out manliness in a man or woman, but actually dwarfs the offspring. The sin of intemperate use of ardent spirits is visited not only upon the third and fourth generation, but must act in all time unless radical reform be instituted. Even if a reform be begun, several generations will be needed to redeem the progeny of such a degenerate race. What a warning this to our country in regard to the use and abuse of *ardent spirits*.

But while admitting this much in regard to the frightful injury to human society arising from the *intemperate* use of "*ardent spirits*," I must still deny wholly the affirmation of the question that it suggests that alcohol is *always* a "*poison*."

*Nevertheless Alcohol is at times needed to save Human Life, or relieve Human Weakness.*

I believe that physicians do at times save human life by using various stimulating drinks with the utmost freedom. Moreover I do not believe there is a single article in the *materia medica*

that in its various forms of elixirs, tinctures, extracts, &c., or when simply combined with water, is more necessary than alcohol in the treatment of disease. I know that some excellent friends claim that sometime in the future "good times" something will be found that will supersede the use of alcohol. They hope for this, believing as they do that it is always "a poison." But even while they assert this they use these very poisons in their daily practice. I think there are but very few, if any, who are confident that *they* will ever see the time when they will be able to give up such use.

It is well for us all to deal frankly on this subject. It is time now to look at this question fairly and simply. I take the following position, and I fearlessly assert that clinical experience proves, if it prove anything, that every form of stimulant now in use can be made a blessing, if used temperately and on proper occasions. But I likewise most freely admit that if used intemperately and improperly, each and all may become "poisonous" to the last degree. Yet more, I believe that even when used intemperately, light beer, ale, lager beer, wines like claret, &c., do vastly less harm than the stronger ardent spirits. In truth, the former cannot produce intoxication except after the swallowing of a very large quantity, so large that before intoxication is produced the disposition to drink is satiated, whereas the stronger liquids cannot be taken save in the smallest quantities without danger of intoxication. Moreover, the fact of the habitual and long-continued use of ale and of the milder light wines without manifest evil is not observed in the long-continued use of even small quantities of strong stimulants, such as brandy, rum, whiskey, schnapps, absinthe, &c. Such intemperance with these drinks is *always deleterious*. Man, under the continued influence of the tribe of compositions known in America under the various slang terms of "gin-sling," "cock-tail," "brandy smashes," "mint juleps," "eye-opener," &c., &c., is liable to become at any time a beastly drunkard.

And a man who, knowing this, voluntarily exposes his mind and body to the influence of these ardent spirits, commits an act which, *a priori*, one would deem impossible for any reasonable man voluntarily to perform, any more than he would con-

sent to have himself changed into a chattering fool or a savage brute.

Yet the same amount which produces in ordinary cases such terrific results becomes under other circumstances the wisest and most blessed treatment in some severe diseases. Dr. Anstie\* gives the case of a lady who when flooding to death took *a bottle of brandy in two hours*, not only without intoxication but with the single effect of producing sleep for ten hours, but no real intoxication, and life was saved. It was actual food to a bleeding fellow creature starving for want of its own blood.

In a similar manner many persons from their earliest youth, believers in the principle of total abstinence, have at certain times later in life found help in wine or brandy. I have heard that one of the most decided of the temperance men of this community, one who in previous years had persuaded many physicians to assert under their signs manual, that alcohol is not necessary in medicine, became at a later and feebler period of his life a daily *temperate* drinker of brandy. He found it necessary to his daily support. I think I have good grounds for the belief that there are hundreds of persons in this community, especially women, who would be much benefitted if they daily would use light wines or lager beer, and substantial food, instead of the water, or tea, or coffee, and the variety of pies, doughnuts, pickles and cake so common in New England.

There is no doubt that the American people as a whole do not by any means as yet understand the true philosophy of food and drink, and this opinion held by many and which has been the basis of State legislation for years past, viz. : that *all* liquors are in themselves nothing but evil, and equally evil if once taken into the human stomach, proves the truth of this assertion. It is radically and wholly erroneous. Those who claim to be the especial apostles of temperance say that every one who drinks at dinner a glass of sherry or of claret or hock or even of lager beer sets quite as bad an example as the most incorrigible drunkard. In drinking even thus moderately, "temperately," he proves that he does not believe that alcohol under every form and at all times is a "*poison*," and there-

\*On Stimulants and Narcotics, page 459, by Francis E. Anstie, M. D., M. R., C. P. London: Macmillan & Co., 1864.



fore to be absolutely and at all times even in the smallest quantities prohibited.

*Intemperance as it may be hereafter influenced by the Cultivation of the Grape and by the making and using of mild native Wines and of Lager Beer—Grape Culture and Lager Beer in America.*

It is the general view presented by our correspondence that in the wine-making districts of Europe intoxication is less frequent\* and less severe than in our country. Unfortunately we have never *extensively* cultivated the grape with the idea of making wines. Believing in the grape culture as a means of promoting temperance, I know no more melancholy sight than that which our country presents at the present hour in reference to this culture. Although lying exactly within the area capable of growing thousands of vineyards it has, till within comparatively a few years, steadily refused to cover its myriads of unused hillsides with vines. The slopes of our mountain ranges might grow green under vine terraces like those of Europe.

And here I would ask a question full of meaning, as I believe it should be, to all Americans. What would have been the effect on the present condition of our country if two centuries ago we had begun to cultivate widely the grape-vine and had continued to do so until now? Two benign results I believe would have followed, viz.: we should have been, first, a more temperate people, because we should have used less of whiskey and of its vile adulterations; and, second, a vast trade, which in a commercial point of view would have been beneficial to our people, would have arisen as it has arisen in corresponding parts of Europe.

Various individual attempts have been made at sundry times to introduce vineyards into America.

Under date of Jan. 25, 1793, and in writing to Albert Galatin, Thomas Jefferson tells of an experiment made on land near Monticello in Virginia by Mr. Mazzie, an Italian.\* A subscription of £2,000 was made and vines procured and several laborers imported. His laborers agreed to serve four years. Three years passed when war broke out, and Mr. Mazzie was compelled to let the place. He went to Europe and the horses of his tenant ruined the vineyard. And thus "ended an

\* Works of Thomas Jefferson, Vol. 3, p. 505. Taylor and Maury: Washington, D. C., 1853.

experiment which from every appearance would in a year or two more have established the practicability of that branch of culture in America." Mr. Jefferson was always a hearty supporter of the doctrine of the value of the grape culture as a temperance measure. In 1818, Dec. 13, when writing to M. de Neuville, he thus expresses himself:—\*

"I rejoice as a moralist at the prospect of a reduction of the duties on wine by our national legislature.† It is an error to view a tax on that liquor as a tax only on the rich. It is a prohibition of its use to the middling classes of our citizens and a condemnation of them to the poison of whiskey which is desolating their homes.

"No nation is drunken where wine is cheap and none sober where the dearness of wine substitutes ardent spirits as the common beverage.

"It is in truth the only ‡ antidote to the bane of whiskey. Fix but the duty at the rate of other merchandise and we can drink wine here as cheap as we can drink grog, and who will not prefer it? Its extended use will carry health and comfort to a much enlarged circle. Every one in easy circumstances (as the bulk of our citizens are) will prefer it to the poison to which they are now driven by ardent spirits, and the treasury will find that a penny apiece from a dozen is more than a groat from one. This reformation will require time. Our merchants know nothing of the infinite variety of cheap and good wines to be had in Europe and particularly in France, Italy and the Grecian Islands, as they know little of the variety of excellent manufactures and comforts to be had any where out of England. Nor will these things be known nor of course called for here until the native merchants of these countries to whom they are known shall bring them forward, exhibit and vend them at the moderate profits they can afford. This alone will procure their familiarity with us and the preference they merit in competition with corresponding articles now in use."

But why, I ask, should we rest on foreign importations? The vine grows indigenously from far up in Canada down to the Gulf of Mexico and from the Atlantic to the Pacific Coast. Scandinavian adventurers coasting along New England shores

\* Works, Vol. 7, p. 110.

† See Appendix 5, Letter from Horatio G. Perry, Esq., late Secretary of Legation at Madrid.

‡ Probably Mr. Jefferson knew little or nothing about lager beer.

centuries ago found the vine in such profusion that they called it "The Good Vineland." Vines grew freely on our hills when New England was first settled. I have already alluded to Mr. Mazzie's experiment under the patronage of Mr. Jefferson near Monticello. But long before that, viz., in 1620, a London company was formed and established a colony in Virginia. But the savages cut off the colonists. The Jesuits had such a successful grape culture in Louisiana that they were ordered by France to discontinue it for fear that it would injure the trade of the mother country.

In 1828 John Adlum published a small volume entitled "A Memoir on the Cultivation of the Grape in America and the Best Mode of Making Wine."\*

Its object was most excellent, viz.: to diffuse some practical and useful information throughout the country on the best method of cultivating the native grape and of making wine. He applied to the government for a lease of a portion of the public grounds of Washington for the purpose of forming a vineyard, which would contain specimens of all our native grapes. The writer enters enthusiastically into his subject. He claims that this will eventually be the most profitable article of agriculture in the United States, and he is sure we shall make more wine off the same space of ground than any other country and that there is no reason why every farmer should not have a vineyard as well as an apple or peach orchard; that we have all the latitudes and climates of the best wine countries of Europe; that the wines produced in France are worth more than one hundred and forty millions of dollars annually, and that a similar trade might be had in America. Whether each and all of the positions be absolutely correct I cannot pretend to decide, but it is evident that the neglect mentioned by Mr. Adlum, so far as the *whole* country is concerned, is as true now as when he wrote. Mr. Adlum advises every one having a farm to plant vines, one for every pannel of fence he has around his garden (page 83).†

In 1855 R. H. Phelps published at Hartford a small work

\* Washington. Printed for the author by William Green, 1828.

† Mr. Adlum mentions the fact that Mr. Jefferson once received two bottles of a wine made by a Mr. A. of the Fox grape, which Mr. Jefferson said "could not be distinguished by company at his table from the far-famed Burgundy named Chambertin" (p. 149).



entitled "The Vine, its Culture in the United States: Wine-making from Grapes and other Fruits, etc." He speaks of the care with which the culture could be extended, and cuttings sent by mail to all parts of the Union (p. 14), and gives directions for the making of wine. This writer has the following excellent remarks relative to this part of our subject, viz: the bearing of grape culture on temperance (p. 45):—

"Reliable statistics convince us that the importation of wine has fallen far behind the rate of increase of population in England and America while the production and consumption of alcoholic liquor have increased in a most astounding proportion. A writer well posted on the subject remarks:—'In our wine-growing countries where the use of wine is interdicted by extravagant duties the consumption of spirits increases to an alarming degree. England, with a population of 24,000,000, consumes 28,000,000 gallons of spirits, exclusive of porter, ale and beer, while France with a population of 33,000,000, consumes but 15,000,000 gallons of her own brandies and of these a larger proportion is used in manufactures, in fortifying wines for shipment and in the preparation of fruits and confections made only in her own territories. The manufacture of whiskey, spirits and ale for home consumption in the United States amounts to 86,000,000 of gallons annually; this is exclusive of exports!' In regard to the high duties on wine in England, Redding says:—'The enormity of the duty is the cause of the diminished consumption of wine. In 1700 the population of England was 5,475,000 and the wine consumed, a little less than 6,000,000 gallons per annum. In 1851 the population was 17,922,000 while the consumption of wine was only 6,448,517. It is clear that the people of England one hundred and fifty years ago drank three times as much wine, in proportion, as they do now. The natural consequence has been the increased consumption of spirits. From 1730 to 1830 the consumption of British-made spirits increased from 873,000 gallons to 7,730,101, keeping pace with the increase of crime as if not only the temperature of the atmosphere but the amount of misery, pauperism and crime were to be gauged by alcohol. Ireland in, 1821, paid duty only on 2,649,170 gallons of home-made spirits, but in 1828 not less than 9,004,539; *i. e.*, in seven years the amount of spirit made had quadrupled! There were made in England, Ireland and Scotland in the year ending Jan. 5, 1850, 22,962,000 gallons. It is a fact, therefore, however much of an anomaly it may appear, that inebriety in that country has increased with the diminution of wine

consumption, and morals, as well as health, have suffered by the same decrease and the augmented use of ardent spirits.' ”\*

Longworth, of Cincinnati, about 1820, first established permanently the grape culture and wine making in this country. As he did this he felt he was doing a good work for temperance.† And from his efforts the hills of Ohio now resound to the songs of laborers from the Rhine, keeping time to their accustomed work, viz. : upon vine culture and wine making.

Dr. Flagg in his report to the Horticultural Society says‡ (page 48) :—

“I am confident that the introduction of pure light wines as a common beverage will produce a great national and moral reform, one that will be received by our temperance brethren ere long as a national blessing, one that will complete the reformation they have already begun. The temperance cause is rapidly preparing public sentiment for the introduction of pure American wines. \* \* \* Just in proportion as strong drinks are abandoned a more wholesome one will be instituted.”

Still more recently California has come into the field, and the vine culture has become a most important branch of industry for that State. It is destined to increase almost indefinitely. The result may not be very apparent yet. Those however who have been longest acquainted with that State, assure me that in their opinion the use of the mild wines is supplanting that of ardent spirits, and that “drunkenness is much less common than formerly.”§

Finally, only four years since, a book was published which I deem most important as indicating the great advances we have made in this branch of national industry.||

While admitting that the grape culture is still in its infancy in this country, the author gives important statements on the whole subject. In his preface he says :—

\*The Vine: its Culture in the United States. By R. H. Phelps.

† See Appendix 3, Larz Anderson Esqr.'s Letter.

‡ Phelps as above.

§ Appendix 2, Dr. Morrison's Letter.

|| An Elementary Treatise on American Grape Culture and Wine-making. By Peter B. Mead. New York: Harper and Brothers, 1867.

"Grape culture is fast working itself up to the first position among the productive interests of the country. The capital invested in it may already be counted by millions." "It is safe to say that these products will at no distant day have an important commercial value as respects a foreign trade." "Some of our wines even now sell higher than European wines." "We have no hesitancy in recording our conviction that grape culture may be made the hand-maiden of the temperance cause."

I fully agree with all that has been said of the value of light wines as an aid to temperance, but I believe that Germans are destined to be really the greatest benefactors of this country, by bringing to us, if we choose to accept the boon, their lager beer. Lager beer contains less alcohol than any of the native grape wines. This fact with the other fact that the Germans have not the pernicious habits of our people of treating to sharp liquors at open bars, would, if we chose to adopt their customs, tend to diminish intemperance in this country.

*What shall we do in Massachusetts to prevent the evil of a too free use of Intoxicating Drinks, and to make our people truly temperate?*

If, gentlemen, you have glanced at what has preceded, you will see that if we wish to avoid the manifold evils arising from intemperance we must take strong ground against it, and in favor of radical measures to prevent its prevalence. If it be true that Galicia has stunted the growth of her people by selling its unreaped corn for the whiskey that is to be made of it,—if that nation and Switzerland cannot, in consequence of their use of ardent spirits, produce as many able-bodied men as other nations can,—if the physicians of France, after various academic discussions\* of the evils resulting from the use of liquor similar to our whiskeys, rum or brandy, feel called upon to solemnly warn the French nation against the use of absinthe and all that class of intoxicating drinks,—if all these things be true, then surely we should hasten to warn our people. We here are bound by the triple fetters of the laws of climate, of race and of two centuries of habits of intoxication, increased as these have been by wars and by bad legislation.

I would submit therefore the following suggestions naturally prompted by the study I have made on this subject. I hope

\* See "Every Saturday," Boston, Nov. 25th, 1871.



that at least some of them will prove serviceable to the cause of genuine temperance.

In all the later efforts made in behalf of temperance it has seemed to me, that in our vain endeavors to gain all we wish by positive law, we have too much ignored the time-honored agencies of education and of moral suasion. We have forgotten that it is impossible in a republic to carry out any law that is unsupported by the deeper sentiments of the people. Unless we can persuade them to believe that a law is just and right and according to the fitness of things, they will not long obey it. The law may be enforced, it is true, in certain instances, much to the detriment it may be of the comfort and of the rights of the individual, but I repeat that no law can be long enforced which is hated and disbelieved in by the people.

On the contrary, I am confident that our people could be gradually led to a higher temperance by appeals to its common sense, while depicting the evils of intemperance, by observing that the use of some liquors is infinitely deleterious, while the "*temperate*" use of others does little or no harm.

We should begin with the young and impress upon them that the use of "*ardent spirits*" tends to burn up their very vitals, and that instead of growing in manly beauty, they and their future children will tend to become a degraded race, and more liable to disease than temperate people are. I would have them see the horribly disgusting nature of intoxication, that state in which man voluntarily gives up all reason and wallows like a pig in his own filth. It would not be necessary to make drunk the Helots of the nation in order to warn our youths, as was done in ancient Sparta. We should only need to show them examples offered daily in all our streets and by-ways, and then warn them to flee from all such abominations. We might carry them to the so-called "sanctities of home" and show them how the home of the drunkard becomes unsanctified. Filled with noisome smells and dirt; the stranger enters and finds both parents wholly incapable of defending their own threshold or their own helpless, starving children. They may perhaps, be spewing upon their own hearthstone in utter irreverence for the idea of what a real home-hearthstone should be. We all, I fear, have been remiss in not doing whatever we can toward educating our youths and maidens to the strictest temperance

and to perfect manliness and womanliness in the use of these dangerous drinks.

In our gatherings for festivity have we always been careful not to provide the grossly intoxicating drinks? I fear not. Have we not heard at times of "snug little rooms" where fiery fumes too strong for delicate nostrils are offered to our young men? Do the clubs act wisely in keeping for *common, every-day use* the more potent liquors? I think not. Have we in season and out of season at our own tables, urged upon our children the accursed influence of intemperance, and the beauty of a manly temperance in all things? And permit me upon this subject of home education to dilate a little more freely though still very generally. I think there are three modes of educating our young people. Two of these often tend ultimately to produce intemperance in after-life, though founded on wholly opposite views on the subject of the use and abuse of intoxicating drinks. The third one I deem the truest method.

In some families all spirituous liquors, mild wines, and light beer, of every nature are looked upon and prohibited as "*poisons*." The young people grow up under that impression, and are sometimes surprised, when entering upon the more active duties of life, to find that the majority of their young companions have very different views. The previous recluse of domestic life indulges a few times without danger, and then disbelieving the previous parental instructions, which were founded on an untruth, rushes more wildly than he would otherwise have done into unlimited indulgence, with its almost invariable consequence, besotted drunkenness.

In another family the exact reverse of this takes place. Wines and liquors are dispensed freely. Young and old indiscriminately are allowed the free use of them. No cautious words are used, no restraint on the junior members of the house. No warnings are given as to the tendencies to the easy formation of intemperate habits. The youth in such a family is as regularly and as successfully educated to drunkenness as one is educated to any other business.

The golden mean lies between these two extremes. A youth will be less likely to fall into intemperance before whom wine has been, at times, exhibited as a beverage, that may be good for certain times and for certain ages, but which should never be

used intemperately by any one or by those not really needing it, or ever by the young, unless as medicine, or under very extraordinary circumstances.

One thus educated is much better able to meet temptation than those who grow into manhood under either of the other fashions.

To sum up all in one word, what we want in Massachusetts to promote a really godly temperance, is *education* in all the causes of intemperance, education in its gross evils. Moral suasion in public and private, of late too much neglected, and by some I fear, despised, should be more thoroughly carried out. This is the foundation of all true action ; without it all effort is vain.

*Is there no Common Ground upon which all who desire to restrain Intemperance can stand harmoniously ?*

It is much to be regretted that there is, at present, no common ground of temperance permitted to exist by the ultra defenders of *either* side of this important question. Some desire total abstinence to be the rule. On the other hand, this idea is resisted by many with an energy which threatens to lead to the *opposite* extreme of perfect freedom in the sale of all intoxicating drinks. But the larger proportion of the community, while working and praying for temperance, do nevertheless use and feel they have a perfect right to use wine or ale if not for good companionship, at least, for the reason St. Paul advised Timothy to use it, viz. : for "thy stomach's sake." Under the banner of total abstinence from all stimulating drinks these latter persons cannot stand. They are *temperate* drinkers, and therefore cannot be received as comrades among those who claim to be the only true defenders of the temperance faith. Let us look a little more closely into this subject of intoxicating stimulating articles. Alcohol is not by any means the only stimulus that brings disease and misery on human beings, although perhaps it is a stronger *inducement to crime* than all others.

Were, therefore, a strict rule made that no articles stimulating to the nervous system should be used by the present party of devotees to abstinence, the dogma would split that party into innumerable fragments. It would probably be divided into va-



rious small cliques, each excluded for its intemperate use of some favorite stimulus, tobacco, opium, coffee or tea, &c. Scarcely a week passes that I am not called to "*prohibit*," in a particular case, all use of the one or the other of these articles.

There are thousands of what could be happy lives were it not for the "demon of intemperance" in the use of tobacco. Not a few cannot now taste a drop of coffee, because of over-indulgence in earlier life, and often am I obliged to cut off tea from a patient and fall back upon the first drinks given by nature to man, viz. : milk or water. But because I have to do this in the cases of certain men or women, I do not therefore infer that the whole community must wholly give up either of these articles. I know they are very necessary to mankind as a whole. A man *may* be able to smoke his two or three cigars, or chew daily as long as he lives. He may disgust other people by the habit, but he *may* not materially injure himself. Nay, there is no doubt that this wicked weed is, at times, of infinite value to man. For example, our soldiers fought the battles of the late civil war more easily in consequence of the almost universal use of tobacco. It supplies at times the want of food to the hungry, and often, I doubt not, solaced the sufferings of the wounded on the battle-field. But let the miserable condition of many who have used and are still using it inordinately, tell the tale of the evil resulting therefrom. "Give me the choice," said a physician of my acquaintance, who himself had once been a victim to intemperance in the use of tobacco, "give me the choice of which I should prefer for a son, the intemperate use of tobacco or of rum, and I should immediately say, 'let him be a drunkard. Rum is less hurtful than tobacco.'" I quote this as a victim's judgment, not as my own, though I have seen insanity produced, as I believe, by tobacco. Similar evil comes, in some instances, from tea,\* coffee, and above all from opium, the use of which I regret to believe is increasing.

As a fitting termination of this part of my subject, I append the following list of various ales, wines and spirits, with the relative amounts of alcohol in each. It is taken chiefly from Brande's Chemistry.

\* For intoxication caused by tea, see Appendix 14.

TABLE showing the percentages of Alcohol in various Stimulating Drinks,  
Wines, &c. (Brande's Chemistry. Art., Alcohol.)*Portuguese Wines.*

Port, . . . . .	contains 14.27 to 25.83 per ct. of alcohol.		
Bucella, . . . . .	18.49	"	"

*Spanish.*

Sherry, . . . . .	contains 13.98 to 23.86	"	"
Malaga, . . . . .	17.26 to 18.94	"	"

*Madeira and Canary Islands.*

Madeira, . . . . .	contains 14.09 to 24.42	"	"
Malmsey, . . . . .	12.86 to 16.40	"	"

*French.*

Claret, . . . . .	contains 12.91 to 17.11	"	"
" 1811, 1st growth, . . . . .	7.72	"	"
" Chateau Latour, . . . . .	7.78	"	"
" Vin ordinaire, . . . . .	8.99	"	"
Champagne, . . . . .	11.30 to 13.80	"	"
Burgundy, . . . . .	12.16 to 16.60	"	"
Hermitage, . . . . .	12.32 to 17.43	"	"
Sauterne, . . . . .	14.22	"	"
Frontignan, . . . . .	12.79	"	"

*Sicilian and Italian.*

Marsala, . . . . .	contains 18.20 to 26.03	"	"
Lacryma, . . . . .	19.70	"	"
Falernian, . . . . .	18.99 to 20.00	"	"

*German.*

Hocheimer, . . . . .	contains 8.88 to 14.37	"	"
Johannisberger, . . . . .	8.71	"	"
Rüdesheimer, . . . . .	6.90 to 12.22	"	"
Rhenish, . . . . .	7.00 to 7.58	"	"

*Cape.*

Cape Madeira, . . . . .	contains 18.11 to 22.94	"	"
Constantia, . . . . .	14.50 to 19.75	"	"
Muscat, . . . . .	18.25	"	"

*Hungarian.*

Tokay, . . . . .	contains 9.88	"	"
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*Persian.*

Sheraaz, . . . . .	contains 12.95 to 19.80	"	"
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*British.*

Grape, . . . . .	contains	18.11 per ct. of alcohol.		
Raisin, . . . . .	23.30 to 26.40	"	"	
Currant, . . . . .	20.55	"	"	
Gooseberry, . . . . .	11.84	"	"	
Orange, . . . . .	11.26	"	"	
Elder, . . . . .	8.79	"	"	
Mead, . . . . .	7.32	"	"	
Cider, . . . . .	5.21 to 9.87	"	"	
Perry, . . . . .	7.26	"	"	

*Malt Liquors.*

Ale, Burton, . . . . .	contains	8.88	"	"
" Edinburgh, . . . . .		6.22	"	"
" London, . . . . .		6.20	"	"
Brown Stout, . . . . .		6.80	"	"
London Porter, . . . . .		4.20	"	"
" Small Beer, . . . . .		1.28	"	"
Edinburgh, . . . . .	5.36 to 7.35	"	"	

*Spirituous Liquors.*

Brandy, . . . . .	contains	53.40	"	"
Rum, . . . . .		53.68	"	"
Gin, . . . . .		57.60	"	"
Scotch Whiskey, . . . . .		54.32	"	"
Irish Whiskey, . . . . .		53.90	"	"
American Whiskey, procured at Parker House, Boston (best),		50.00	"	"
American Whiskey, procured at Weeks & Potter's (real Bour- bon, from Kentucky), . . .		51.00	"	"
American Whiskey, worst of Michael Doherty's, with large deposits of extraneous matter,		44.50	"	"

*Lager Beer.\**

Pfaff's, in Boston, . . . . .	contains	5½	"	"
Second specimen, . . . . .		6	"	"

The above American liquors and the lager beer were analyzed by Professor Wood, of the Harvard Medical School.

If the community follow the extremists of either side, a common standing spot can never be found. It is evident, if we can trust human testimony as given by our correspondents, beers and mild native wines should appear in a very different

\* See Dr. Wigglesworth's Letter, Appendix 9, for further remarks on the above subject.



light before us from that which ardent spirits should hold. Cannot *Total Abstinence* advocates, therefore, as a present *Temperance measure*, permit the use of lager beer and of light wines, while all of their apparent but not real opponents, the *Temperance* advocates, should go to the utmost verge of moral suasion to check and finally banish, if that be possible, *ardent spirits* from the community.\* Can there not be a union on this reasonable basis?

*Will Total Abstinence ever prevail universally?*

As I consider the love of stimulants a human instinct, which is seen wherever man lives, I cannot believe in the possibility of its suppression. It may be modified and regulated by the moral sense and by law when the gratification of that instinct interferes with the good order of society, but it cannot be by any means *extinguished*, prohibited. It rests upon a great cosmic law which cannot be annihilated by any puny effort of ours. The sun regulates that law as he regulates those of the seasons. We may modify its power and save ourselves by proper efforts from its effects, but the tendency will remain forever. In the presence of that really fearful law, all "Maine Laws" seem to me utterly powerless. But we in New England have not only this great climatic law to contend against, but we have also the influences of race and of a race educated to drunkenness by bad laws and by war. Therefore our task for the promotion of a real temperance is trebly difficult.†

\* Mr. Druitt says, "Cheap wine would cut off the temptation to gin and with an equal bulk of water would be in many cases a happy substitute for tea. I know a great deal of the better class of needlewomen, milliners, and speak from experience" (Beckwith, above quoted, page 75). Again he says, "No one who has ever made the experiment will fail to give the preference to wine over spirits or can refuse to give a helping hand to any 'movement' that will send them fairly to their proper places as medicines for the sick and aged, and not as beverages for the healthy." "*Civilized*" (and I would add also as proved by our correspondence *uncivilized*) "man must drink, will drink; but it should be wine" (Beckwith, page 76).

† If we do not succeed in carrying out the principle of prohibition in Massachusetts it will not be the first unsuccessful attempt at legislation on liquor drinking made by the English race, as the following from Mr. Tovey fully proves: In the reign of Edward VI., a statute was passed called "An act to avoid excess of liquor." It declares that "none but those who can spend one hundred marks for yearly rent, etc., or be the son of a Duke, Marquis, Earl, Viscount or Baron shall have or keep more than ten gallons in his house." Second,—No tavern was allowed except in cities and only two in these except the larger ones, London having forty, the others less. Third,—No one was allowed to retail wine to be spent or drunk within the respective houses on pain of forfeiting £10 for such offence (page 43). († Quoted above.)

My position will be opposed by many. It will be denied that this is a human instinct, and in proof it may be said that some men and more women never during their whole lives use stimulants. Before admitting this argument, I must ask how many there are in the world who do not *use some stimulant*. There may be many who do not use alcoholic stimulants, but I suspect that there are but few, almost none, who "totally abstain" from *all* stimulants unless perchance it be some anchorite in his mountain cell who, from fanaticism, chooses to eat pulse and to drink water. I deem a love of stimulants as much a human instinct as any other of the so-called human instincts. And the proposition of total abstinence from stimulants, because intoxication prevails widely in the community, seems to me as preposterous as it would be to advise universal celibacy, because of the existence of gross evils in connection with those instincts that lead to the divine institution of marriage.

From the study I have made of our correspondence I am induced to believe that the permission to sell mild ales, beer, and light wines would, under certain very general rules, be really a promotion of temperance in New England, as it apparently is elsewhere. Should not therefore all friends of temperance, instead of endeavoring to bring about total abstinence, urge the general government to admit all mild "unfortified" European wines free of duty. They should urge the cultivation of the grape in this country. And upon this part of our subject permit me to refer to many details relative to American grape culture already given in a previous part of this communication.

NOTE.—While presenting this view I fully coincide with Dr. Anstie's remarks in his very important contribution made on this subject. They are in a work entitled "Uses of Wine in Health and Disease" (by Francis E. Anstie, M. D., of London. New York edition, Redfield, 1870.) "We would state our firm conviction that for youth (say under 25) whose bodily frame is not fully consolidated, the proper rule is *either no alcohol or very little indeed*" (page 18). Again: "Both temperance and economy most strongly argue that the bulk of the community should limit themselves to the class of natural wines produced under such conditions as enable the cheaper varieties to be relied on as sound, wholesome

and palatable" (page 36). And again: "It is among the class of natural wines averaging not more than ten per cent. of alcohol that we must seek the type of a universal alcoholic beverage for everyday life" (page 16).

*How shall we treat the Drunkard?*

I think that the drunkard has been treated at times with a great deal too much of false sentimentality. Every young man should be taught to feel that, in getting drunk, he violates one of the highest of social laws. He degrades himself lower than the brute, and should be treated, for the time being, as one lower than man. I would not, however, be vindictive, but would put forth a hand to support him when he rises. This I would do again and again if need be, until I was convinced that he was a real *dipsomaniac* — a man insane for drink. Then I would for a time deprive him of his liberty, and he should be placed in an inebriate asylum. In the present condition of our country, Massachusetts should have several inebriate asylums. Over these asylums should be put men wise and humane, but firm of purpose. Under that surveillance the victim should remain until he had gained sufficient moral power to enable him to govern his appetite. He must be cured of his disease as he would be of any malady in a public hospital. Upon this subject I cannot speak with the authority of one who has had experience, I therefore shall quote from a communication\* sent by Dr. Day, late superintendent of the New York State Asylum for Inebriates, now at Greenwood, in this State.

*Summary of the principal Subjects considered in this Letter.*

*First.*—Stimulants are used everywhere, and, at times, abused by savage and by civilized man. Consequently, intoxication occurs all over the globe.

*Second.*—This love of stimulants is one of the strongest of human instincts. It cannot be annihilated, but may be regulated by reason, by conscience, by education, or by law when it encroaches on the rights of others.

*Third.*—Climatic law governs it. The tendency to indulge to intoxication being not only greater as we go from the heat of the equator towards the north, but the character of that intoxication becomes more violent.



*Fourth.*—Owing to this cosmic law, intemperance is very rare near the equator. It is there a social crime, and a disgrace of the deepest dye. Licentiousness and gambling are small offences compared with it. To call a man a drunkard is the highest of insults. On the contrary, at the north of  $50^{\circ}$  it is very frequent, is less of a disgrace, is by no means a social crime.

*Fifth.*—Intemperance causes little or no crime toward the equator. It is the almost constant cause of crime either directly or indirectly at the north above  $50^{\circ}$ .

*Sixth.*—Intemperance is modified by race, as shown in the different tendencies to intoxication of different peoples.

*Seventh.*—Races are modified physically and morally by the kind of liquor they use, as proved by examination of the returns from Austria and Switzerland.

*Eighth.*—Beer, native light grape wines and ardent spirits, should not be classed together, for they produce very different effects on the individual and upon the race.

*Ninth.*—Light German beer and ale can be used even freely without any very apparent injury to the individual, or without causing intoxication. They contain very small percentages of alcohol (4 or 4.5 to 6.50 per cent.) Light grape wines, unfortified by an extra amount of alcohol, can be drunk less freely but without apparent injury to the race, and with exhilaration rather than drunkenness. Some writers think they do no harm but a real good if used moderately. They never produce the violent crazy drunkenness, so noticeable from the use of the ardent spirits of the North.

Ardent spirits, on the contrary, unless used very moderately, and with great temperance, and with the determination to omit them as soon as the occasion has passed for their use, are almost always injurious, if continued even moderately for any length of time, for they gradually encroach on the vital powers. If used immoderately, they cause a beastly narcotism which makes the victim regardless of all the amenities and even the decencies of life, or perhaps they render him furiously crazy, so that he may murder his best friend. While those who live in the tropics merely sip slowly ardent spirits from the tiniest of glasses, with the slightest appreciable effect, the denizen of

the frozen North swallows half tumblers full of the same to the speedy production of intoxication.

*Tenth.*—Races may be educated to evil by bad laws, or by the introduction of bad habits. England's taste for strong drinks has been fostered by legislation, and by wars of nearly two centuries since. France and parts of Switzerland are beginning to suffer from the introduction of absinthe and of schnapps. Especially is this noticeable since the late Franco-Prussian war. By classifying all liquors as equally injurious, and by endeavoring to further that idea in the community, are we not doing a real injury to the country by preventing a freer use of a mild lager beer, or of native grape wine instead of the ardent spirits to which our people are now so addicted?

*Eleventh.*—A race, when it emigrates, carries its habits with it, and, for a time at least, those habits may override all climatic law.

*Twelfth.*—England has thus overshadowed our *whole* country with its love of strong drinks, and with its habits of intoxication, as it has more recently covered Ceylon, parts of the East, and Australia.

*Thirteenth.*—This influence on our own country is greater now than it would have been if our forefathers, the early settlers, had cultivated the vine, which would have been practicable, as seen by the recent examples of Ohio and California, and from the fact that the whole of the United States lies in the region of the earth's surface suited to the grape culture.

*Fourteenth.*—If these early settlers had done this, our nation would probably have been more temperate, and a vast industry like that of France, of Spain and of Italy and Germany, in light native wines, would long ago have sprung up.

*Fifteenth.*—The example set by California and Ohio, should be followed by the whole country, where the vine can be grown. As a temperance measure it behooves every good citizen to promote that most desirable object. We should also allow the light, unfortified wines of Europe to be introduced free of duty instead of the large one now imposed. Instead of refusing the German lager beer, we should seek to have it introduced into the present "grog shops," and thus substitute a comparatively innoxious article for those potent liquors, which now bring disaster and death into so many families.

*Sixteenth.*—"Holly Tree" branches for the sale of good food, tea and coffee, cheaply to the people, should by the benevolent coöperation of the community, be made to take the places of the numerous grog shops now open for the sale of ardent spirits.

*Seventeenth.*—The moral sense of the community should be so aroused to the enormity of the evils flowing from keeping an open bar for the sale of ardent spirits, while those for the sale of light wines and of lager beer should not be opposed, except for the sale to habitual drunkards, after due notice from friends. Sellers violating such law might be compelled to support for a time the family of their victim.

*Eighteenth.*—The horrid nature of drunkenness should be impressed by every means in our power upon the moral sense of the people. The habitual drunkard should be punished, or if he be a *dipsomaniac*, he should be placed in an inebriate asylum for medical and moral treatment, until he has gained sufficient self-respect to enable him to overcome his love of drink. These asylums should be established by the State.

*Nineteenth.*—The appendix contains various letters on intemperance in this and other countries, on reciprocity treaties for introduction of European wines, &c.

In the sincere belief, gentlemen, that this analysis of our correspondence will, eventually at least, tend to help onward the most excellent cause of temperance everywhere, and in the hope that none will be offended at the expression, at times, of my own individual opinions, which in the course of the discussion I have deemed it my right and duty to give, I remain,

Your colleague and friend,

HENRY I. BOWDITCH.





# A CHART OF THE GLOBE

Prepared to illustrate some of the general inferences  
believed to be fairly deducible from the correspondence on the  
Use and Abuse of Stimulating Articles of Drink by people living in  
various parts of the Earth as published in the

SECOND ANNUAL REPORT OF THE STATE BOARD OF HEALTH OF MASSACHUSETTS  
Vide Report 1871 pp 251 to 368  
and Report 1872.

## SUMMARY

Stimulants are used and often abused every where alike by civilized  
and by Savage man.  
Intemperance is very rare above 50° E Isothermal line.  
It is very rare and of a much less dangerous character between the  
Isothermal lines of 77° E North or South of the Heat Equator  
Intemperance is also rarer and less dangerous where the vine is grown,  
and wines are made and sold cheap and used with entire freedom by all  
from babyhood to old age.

## NOTES

THE TINTS indicate approximately  
the principal areas favorable to the  
growth of the Vine and in which Wine  
can be made.  
The temperature - limits of the English  
vine are given for the present in Australia  
the influences of climate and of the  
recent grape culture.

## EXPLANATION OF THE VARIOUS SIGNS.

SIGNS	VINES	LIGHT WINES	ARDENT SPIRITS	DRUNKENNESS	CLIMATE
Green	not grown	not made or used freely	used temperately	very rare	tropical
Purple	grown	made and used freely	" temperately	rare	temperate
Yellow	grown	made and used freely	" freely	rare in wine drinkers common in the drinkers of spirits.	do
Orange	not grown	imported and do	" temperately	rare	do
Blue	grown recently	made recently	" freely	less than before the introduction of wines.	do
Scarlet	not grown	not made or used freely	" intemperately	very common	cold
Purple	grown	made and used freely	" intemperately	very common	temperate



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## APPENDIX:

CONTAINING ADDITIONAL CORRESPONDENCE TO THAT PUBLISHED IN  
THE SECOND REPORT OF THE BOARD, AND EXTRACTS FROM  
SUNDRY WORKS BEARING UPON THE SUBJECT.

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## [1.]

Prof. H. I. BOWDITCH, M. D.:

MY DEAR SIR:—The subject, to which you alluded in the brief conversation we had a few days since, is one which has occupied my attention for a number of years, and the more I investigate it the more complicated it appears as a social question. It is a fact that drunkenness is a disease only too common,—one from which our race has suffered almost from the beginning of its existence. In all ages political economists and philanthropists have sought a remedy, both from motives of economy and philanthropy. But it is only for the past few years comparatively, that men of learning have attempted an investigation from any scientific or philosophical standpoint. Good men have labored and prayed, while they were constantly lifting the warning voice; communities have been aroused and the most stringent laws have been enacted against the sale of intoxicating drinks; drunkenness has ever been branded as a crime *per se*, and yet the foulest deeds have constantly been committed, and the criminal records of all nations show, that the cause of a large percentage of offences that need to be punished by the strong arm of the law, are traceable to the inordinate use of intoxicating drinks.

Every community throughout the civilized world is suffering from the curse of drunkenness; for crime, pauperism, physical and mental debility are the natural fruits of intoxication. Such being the case, sober, reflective minds feel that the remedy must be sought for deeper than ever.

The time for itinerant lecturing by those who have only a superficial view of the subject, has passed away, and the disgusting style of mimicry and buffonery which used to caricature on the plat-



form the antics and vagaries of the poor diseased inebriate, has ceased to be popular. Reflective minds, especially in our State, are beginning to reason about the matter, and they soon find that the entire subject resolves itself into the following inquiries, to answer which in the most conclusive manner, men of science have been carrying on their investigations:—

What is the true pathological condition of the unfortunate class of men called inebriates?—and can any remedy be devised by which those men can be restored to lives of usefulness, and instead of being mere drones in the social hive, become actual helpers in the Commonwealth?

As to the first question, did I possess the ability to answer it satisfactorily to myself, the limits of this communication, which of necessity must be brief, would render it impossible. I can merely throw together a few thoughts rather as suggestions, or hints, and I shall not attempt a thorough discussion of the subject.

There are various forms of inebriety, as there are various forms of fevers and of other diseases. There is for instance what is called dipsomania, which generally manifests itself in periodical attacks. For several months the patient may be a total abstainer, and oftentimes the loudest and most enthusiastic in denouncing either the sellers or drinkers of intoxicants. He is evidently in earnest, and often whole communities may be roused through his instrumentality against what he well calls the *dumming traffic*. Soon, however, a sudden change takes place, and he is found again wallowing in the mire of intemperance. If the question be asked of him how he thus disgraces himself, his answer will always be that he cannot tell, nor point to the primary steps which led him to take the first dram. It came about suddenly, and before he was aware of it he had fallen. Such men, when the spell is upon them, will sacrifice friends, property, and even life to gratify their passion for alcohol. I have known such individuals to walk twelve miles through deep snow to obtain alcoholic stimulants, and in more than one instance even the very snow through which they struggled has become their winding sheet. They will deprive themselves of everything, even selling their clothes to procure the poison they crave.

Now, sir, I contend that there must be in the case of those men a pathological condition which we have not yet fathomed. There must be deep in the human framework a form of disease which we should reach and remedy before we can expect a thorough cure in such cases. The disease is *molecular*, affecting the molecules and influencing the operations of the mind, thus rendering its manifes-

tions abnormal in different ways, of course, according to the habit and temperament of the individual. Some, for instance, are cruelly inclined, breathing out murder even against the innocent, while others are simply silly,—so generous that they will share their all with the first one they meet, or so pious that often unsophisticated persons really imagine that they mean what they say, and are truly the subject of religious influences. If even it is true that there is but one step from the sublime to the ridiculous it is especially the case with the dipsomaniac, who may to-day electrify by his earnestness for temperance while to-morrow he shall disgust by his maudlin talk while suffering from an attack. How can such cases be reached except through medical treatment in connection with wholesome influences? Another and perhaps a more numerous class of cases is what may be called the *asthenic* form. In this form the alcohol which is imbibed by the patient seems to have an affinity for the muscular system while the above-named class is more particularly affected in the nervous tissue. The patients in this case are more docile and good-natured while able to do anything, but they soon become helplessly drunk. At first the speech is affected, then the power of locomotion is lost, then follows a state of coma, during which the individual is quite insensible. After a while, he may arouse himself and move away, but only with the intention of procuring another drink.

Of course the two classes I have described may be subdivided into a number of varieties of which I have not time to speak now. I will simply say, in answer to my first inquiry, viz., Can anything be done for these unfortunates?—yes, most emphatically yes; and in my own practice I can point to numerous cases which have been thoroughly cured. True the process must be slow, from the very nature of the case, but a radical cure can be effected in most instances,—as often in fact as in any other disease of a psychological character. We have as yet never been able to use the requisite means for the proper treatment of such cases. I am aware that it is contemplated in this State to put in operation the means needed for that purpose, for our arrangements are now far from being satisfactory.

There should be one or more asylums for the treatment of these persons, situated away from business centres, where nature has been prolific in her gifts, where the “mind diseased” may find repose, where the corrupted body may be purified and made a medium for a higher, holier mental development.

I think it is the duty of the State to control the drunkard as it does the insane. I very much doubt, in most cases, whether persons thus afflicted can be cured, even with the best appliances in

less than one year. In looking over my record for the past fifteen years I find the men who have remained with me the longest have shown the best evidence of permanent cure. I have thus, Doctor, made a few brief statements, which I believe to be true, and if carried out in practice would result in great good to the unfortunate, and be in harmony with the civilization of the age.

I have the honor to be, Sir, very truly yours,

ALBERT DAY.

GREENWOOD, NOV. 1, 1871.

[ 2. ]

QUINCY, Sept. 20, 1871.

DR. H. I. BOWDITCH:

MY DEAR SIR:—In your note of the second instant you inquire “if the fact of wine being made in California tends to drunkenness or otherwise.”

Before the introduction of the native wines, when the stronger alcoholic stimulants were used, drunkenness was very common in California. The native wines are now found in nearly every household; they have supplanted to a great extent the use of the stronger alcoholic drinks. It is a fact which no one familiar with California for the last twenty years will deny, that drunkenness is much less common now than formerly. This change is undoubtedly due to the substitution of the mild wines of the country for the stronger alcoholic stimulants.

I think the annual report of the Hark-Away Association of San Francisco will furnish you the statistical information you desire.

Yours respectfully,

JAMES MORRISON.

[ 3. ]

GILSEY HOUSE, NEW YORK, Sept. 20, 1871.

MY DEAR DOCTOR:—I am well assured from my own observation, that the introduction and general use of light wines have contributed to the lessening of intemperance in Ohio. On my return home, I will endeavor to procure such statistics as may be obtained, if any exist relative to arrests, etc. The subject is an interesting one, and for a long time engaged the attention of Mr.



Longworth in his lifetime, who believed he was aiding, most materially the cause of temperance, by his encouragement of the culture of the vine.

I am, very truly yours,

LARZ ANDERSON.

HENRY I. BOWDITCH, M. D., Boston.

[ 4 . ]

IPSWICH, Oct. 28, 1871.

MY DEAR DOCTOR:—I have taken from the records of the Essex House of Correction, the following tabular view of the commitments for ten years, showing the percentage of common drunkards for each year:—

YEARS.	Whole No. Committed.	Common Drunkards.	Per Cent.
1861, . . . . .	402	107	24
1862, . . . . .	395	91	24
1863, . . . . .	415	121	29
1864, . . . . .	207	48	23
1865, . . . . .	174	27	15½
1866, . . . . .	225	19	8½
1867, . . . . .	177	18	10
1868, . . . . .	261	39	14½
1869, . . . . .	214	45	21
1870, . . . . .	232	29	12½

Now it may be that this has little bearing on the subject of prohibition. But there are some coincidences that are interesting. Whether they bear the relation of cause and effect is worth considering.

We had the prohibitory law on the statute book up to 1868, when the legislature passed a license law. Previous to 1865 there had been no special effort to enforce the law. The legislature of that year (1865) passed the Act creating the State Police, who were especially to suppress grog shops, etc. Now, observe that in 1865 the per cent. of common drunkards drops from 23 to 15½. The next year when the force had come to understand better their work, the per cent. fell to 8½, and was only 1½ higher in 1867. The license law of 1868 finds our per cent. of common drunkards at the close of the year, 14½. Its effect naturally must run over to the next year, and the per cent. reaches 21.

The legislature of 1869 revived the prohibitory law exempting cider, and in 1870 further exempted porter, ale and lager beer.

The returns from our small institution go for little, unless similar results should prevail throughout the State. I have no figures at command, but I somewhat confidently expect that what is true of this institution will be found general, so far as the decrease of common drunkards is coincident with the establishment and work of the State police, and the increase with the working of the license law of 1868. I think Boston, probably Suffolk County entire, should be excepted. The liquor interest has had its own way comparatively there.

The deduction from this small horizon line is inevitably in favor of prohibition, even with the confessed imperfect enforcement of the law.

I should state that I have presented common drunkards only as being the best representative of this view of the subject. I have omitted entirely the commitments for simple drunkenness, which will average as many nearly as the common drunkards, and with little variation in the proportion.

Nor is this all that intemperance brings to us. An analysis of the circumstances and causes of all the catalogue of crimes which fill the prison, shows that intemperance is the cause of crime in a large majority of cases.

Every year 60 per cent. of all our commitments are directly traceable to drunkenness. Can the tide be stopped? Is the enforcement of the law alone to rid us of the monster? Were there only the pecuniary interest of the liquor traffic to meet, powerful as it is, the result would not be doubtful. But there are climatic influences, the universal desire for stimulants, the education of our civilization for some centuries, social customs and hereditary tendencies, all tending, in a greater or less degree, to perpetuate the evil.

I doubt not all this may seem to you, and in fact is, trite. You comprehend all the difficulties of the subject.

A visit to Chicago in 1868, and my observation there of the habits of the German population, first brought to my mind doubts that total abstinence will ever be an accomplished fact. I visited the beer gardens on Sunday, to see how the Germans spend the day. There was a band of music, a dance floor, rude seats and tables like our New England picnics in a beautiful grove, and *lager* in such quantities as I had never conceived. Everybody, old and young, drank and seemed to continue to drink during the afternoon. But *lager* was the only beverage,—no liquors, no drunken-

ness, and no fights, or disorderly conduct. The young men and maidens were merry and danced; the elders drank and talked with the gravity and dignity becoming to the respectable German citizen; the children sipped their mug of lager, and gambolled on the grass, and all went home apparently sober, to resume without doubt their usual avocations on the morrow. There were probably two thousand persons taking their weekly recreation. And this was only one of half a dozen similar places about the suburbs of the city. Now if this had been an American or Irish congregation, and the beverage the usual vile concoctions called whiskey, gin and brandy, would not the closing scenes of the afternoon have been very different? Broken heads, bloody noses, and the wayside strewn with the wrecks of humanity in beastly intoxication. I thought, if we could be rid of the grosser liquors — banish them — put them in the pale of dangerous drugs, to be only dispensed by the physician like other poisons, and substitute the lager of the Germans, and the light wines of France and California, should we not be doing our best to exterminate the curse of drunkenness?

I expect we shall yet come to this conclusion. The difficulty is that with the tastes of our people, lager and wines will be, indeed now are, a cover for the sale of the grosser liquors; and worse than all, these liquors are without exception adulterated or poisonous.

I have written, at your request, this somewhat crude statement of my present views, as briefly as possible.

Truly yours,

Y. G. HURD.

Dr. H. I. BOWDITCH, Boston.

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[ 5. ]

MADRID, October 30th, 1871.

MY DEAR DOCTOR BOWDITCH:—About your inquiry relative to the introduction of Spanish ordinary wines into our country, the whole matter of the projected international convention to which you allude, passed by so completely so long since, that I am afraid the data I could give you now would not be worth much for your purpose. It never amounted to any formal negotiation as between the two governments. The Legation archives might show something on this subject if thoroughly ransacked, but if my memory is not at fault the two governments never committed themselves to anything like definite propositions on any side. I perfectly remember, however, the circumstances under which the informal



discussion of this idea arose and its course was in a few words as follows :—

It was when Spain was taxing the bread of the people of Cuba by a custom duty of eight (I think) dollars per barrel on American flour imported into Cuba, besides a discriminating duty against our shipping, by which all merchandize imported in our ships paid an extra percentage, over what it would have paid if imported in Spanish ships, whilst the Castilian flour paid only two dollars on its introduction into Havana.

We were pressing constantly for a reduction of these exorbitant duties upon our flour (as well as other articles) in Cuba, and the irritating discrimination against our shipping.

I did a good deal of good work in this direction, and it was a long time up-hill work, slow and apparently almost fruitless. At last, however, there were signs that considerable impression had been produced. Various leading senators and deputies came to me and in informal conversation exchanged their views with me, manifesting their willingness to reduce the Cuban flour duties if a corresponding concession should be made to Spanish products in the United States, and it was distinctly said that the reduction of our wine duties on the cheap ordinary wines grown in Castile would be the most desirable, as it would tend to reconcile the landowners of Castile to the loss of the protective duties, favoring their flour in Cuba.

I had several conferences on this subject, and remember clearly the statements of the Marquis of Duero, President of the Senate, saying that the lands of Castile were better adapted to the cultivation of vineyards than of wheat, and that the opposition of the Castilians to the reduction of the Cuban flour duties could be overcome, by thus conceding a better market for their wines.

In my communications to Washington on this subject, I remember to have urged the same argument stated in your letter—that the introduction of cheap and sound wines into our country would be a salutary measure for the health of our people, and would tend to diminish the vice of drunkenness.

I trust it would be so to some extent and after some time. But I greatly fear that the vitiated taste of our people, accustomed to whiskey and rum, and other strong alcoholic drinks, would reject the pure juice of the grape as insipid or less agreeable to them. If they did not like cheap wine they would not drink it, and it might be found to result, in practice, that no people can be expected to confine itself to drinking cheap wines except it produces them. I suppose that, if we ever come to produce them, we shall drink them

also, and the taste for them will grow into our national habits, whilst the taste for rum and whiskey will grow out and decline.

But I doubt whether the efforts of the trader can hope to be so crowned. Trade depends on profits for its development, and a quick and constant demand for an article of merchandise is essential to build up the trade. I doubt whether the trade could build up the demand.

As regard the negotiations alluded to, no treaty was ever made. But continuing my efforts in the direction indicated we soon after did obtain (by Royal decree) the reduction of the Cuban flour duties, and the abolition of the discriminating duties, on the ground that it was not good policy for them to continue to irritate the Cubans, and throw them into sympathy with the United States by holding up to them constantly a barrel of flour worth six dollars at Key West, and fifteen dollars at Havana. Also, soon after, our war tariffs on wines, &c., made all idea of reduction on Castilian wines hopeless.

Yours ever faithfully,

HORATIO J. PERRY.

## [ 6 . ]

24 CHARLES ST., November 9th, 1871.

MY DEAR DOCTOR:—Bastin in his "*Guide en Russie*," writes, "At the *fêtes*, champagne flows abundantly, and it was not without reason stated that the consumption of this wine in Russia exceeds that in any other country." "The common cheap drink is the bitter Kwass." "The immoderate use of brandy makes great ravages in the poor class, and, according to a report published by the best physicians, alcoholic liquors are one of the chief causes which now-a-days people the hospitals of St. Petersburg, and which have made so many victims." Walking out of Hotel de Bellevue, No. 58 Nevsky Prospect (the principal street) about midday, early in September, (and not a *fête* day) I counted eleven intoxicated people during a walk of six minutes, *i. e.* turning to the left I walked to the first bridge, crossing the street (three minutes distance) and back. I quote Bastin once more:—

"The national beverage is Kwass in St. Petersburg, also beer and brandy, the favorite drink of a people frequently indulging to excess, *like most northern nations*."

The trade in Crimean wines has increased within the last few years. The Russian drinks spirit also in his tea.

In Sweden at the restaurants cold meats and many varieties of spirit, Branntwein (flavored with anise, &c.) stand on the counter and are indulged in by the customer for a mere trifle before beginning a meal, at which he is expected to take wine, and which closes "*en regle*" with Swedish punch, a strong sirupy fluid, the use of which is spreading into other countries. The Branntwein is like the German Kummel, and is so cheap that the means of intoxication are always at hand. Still the Swede, "the Frenchman of the North," is not so gross in his indulgence in liquor as the Russian. Wines, of course, in the northern countries, far from France or Spain, are somewhat expensive. The beer is much inferior to the German beer, and less drunk.

In Norway (according to Dr. Munroe) "the consul here says beer has existed for thirty years or more; also that drunkenness is now on the increase." It may have existed, but certainly beer was more seen by me, offered to me, and spoken of in my hearing during my visit in 1870, than during my visit in 1866. Where he gets his proof that drunkenness is increasing I do not know. I was less annoyed by inebriates on my second than on my first visit, and even if drunkenness is increasing it is probably due simply to the spirit drunk, for the beer is too thin and weak ever to produce such an effect. It is much weaker than German beer, whereas if it is to take the place of spirit it should be at least as strong as beer elsewhere. Increasing poverty and thinning of the population is more probably the real cause of increase in habits of intemperance. As a rule, the Norwegian is more temperate in his whole manner of life than the Russian. Corn brandy is used by the country people.

Very respectfully,

EDWARD WIGGLESWORTH, Jr.

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[7.]

109 MT. VERNON ST., NOV. 18, 1871.

DR. BOWDITCH:

DEAR SIR:—In the summer of 1864 I spent a week in Gottenburg on the Swedish coast, and while there met a number of the inhabitants, both Swedish and English merchants. One evening the conversation turned upon drunkenness, the prevalent vice of Northern Europe, and they were unanimous in regard to the reform in this respect in Gottenburg, due to the introduction of cheap porter by Mr. Carnegie, a Scotch merchant and philanthropist.



Murray also alludes to this in his guide book. The distillation of strong liquors has diminished from 40,000,000 gallons in 1850 to 10,620,000 in 1861. It is but fair to say, however, that the American Encyclopedia attributes this to the increase of dissenters from the established church, and of temperance societies.

In 1865 I spent two months in Norway, travelling, and saw a great deal of drunkenness there, although beer is both cheap and abundant. Mr. Lootz, the Swedish and Norwegian counsel, says that this has always been the case in Bergen, his native city, and that the drinking of Finkel, the corn brandy of the country, is still on the increase. It should be mentioned that the brandy is of course much cheaper in proportion than the beer.

Very truly yours,

W. F. MUNROE.

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[8.]

FIFTH AVENUE HOTEL, NEW YORK, FRIDAY, NOV. 24, 1871.

MY DEAR SIR:—I regret that I have not found an earlier opportunity of collecting my thoughts with reference to our conversation of last Sunday evening, and now that I think the subject over, I fear my remarks will be of a somewhat fragmentary character, for it is now nearly three years since I travelled through our Australian and New Zealand colonies, and I am unable to refer to my diaries and papers, or any books on the subject. I would, first of all, draw your attention to some of the exceptional circumstances in connection with the bearing of native wines on drunkenness in Australia. The classes of people who at present form the chief population of New South Wales, have a large element of convictism in them, and the low tastes consequent thereon have not yet been eradicated; also a large mass of emigrants to that colony, as well as to the colonies of Victoria, South Australia, and Queensland, though not actually of the criminal class are but a few grades removed, for a man who fails in the struggle of life in England from drunkenness, is generally shipped off to Australia by his friends; this rule holding good from the highest to the lowest classes. You have therefore a mass of mankind to deal with of the lowest type. The climate nearly all the year round is hot, and *thirsty* weather prevails for ten months out of the twelve; therefore drinks of some kind must be had, and the prevailing intoxicating liquors are Holland gin and brandy of the worst description. When these cannot be obtained, tea, without milk, sweetened with coarse brown sugar is

the beverage, morning, noon, and night. A man may be so situated for nine months to two or three years that he can only obtain tea; he then comes to some of the towns, generally with money and drinks it all away, never stopping until his money is exhausted; and this it is which fills the lunatic asylums with those who have lost their reason through drunkenness. In the colony of Victoria are three large lunatic asylums built by the state at a cost of \$725,000 dollars (£150,000), and I was informed by an officer high in the police service, that these asylums were largely filled by those who first suffered from delirium tremens, and then became insane. On this class, of what I should call hard drinkers, the larger cultivation of the vine would have no effect. They have always been accustomed to a strong, burning drink, and would consider native wine simply as so much water; but with the succeeding generation will grow up a taste for light wines, especially amongst the higher classes. The price of spirits and native wine is much the same, a drink of either being obtained from twelve to twenty-five cents. The demand for native wine is *largely* on the increase. Many wine growers told me in 1858 that their cellars of wine would be sold every year before the vintage had begun; the wine being drunk generally not more than one year old. I do not remember how long wine has been grown in Australia, but I think the first vineyards were established at Albany on the river Murray in New South Wales, and Victoria, about thirty years ago; it is, however, only within the last five or ten years that the demand has been sufficient to induce men to go into the vine cultivation, and I was informed that every year sees more land covered with vines, and greater pains taken with the production of the wine. In New South Wales and Victoria the wines are of the Bordeaux and Rhine description, and these are admirably suited to the climate. In South Australia a description of Spanish and Burgundy wine is produced, but these are chiefly sold for Tasmania, and the southern portion of New Zealand, where the climate is cold enough to admit of such heavy and generous wines being drunk. You will see by these remarks that the present is too early a period to judge of the effect of wine growing in Australia (no wine is made in New Zealand, and but little, if any, in Tasmania) on drunkenness in our colonies, the introduction of light wines being of too recent a date, and the present drinkers-to-excess being those who never have cared, and never would, for such a description of stimulating liquors. My idea is, that twenty-five years hence it will have had a marked effect in reducing drunkenness, and in improving the moral and physical health of our colonies.

Should you desire any other information, and will send me a list of questions I will try and answer them.

Believe me to remain, faithfully yours,

F. JACOMB HOOD.

H. I. BOWDITCH, Esq., M. D., Boston.

[ 9 . ]

NOVEMBER 28th, 1871.

MY DEAR DOCTOR:—I looked up beer on getting home. Lager-bier is simply beer for storage,—from lager, a warehouse. It needs, therefore, to preserve it, a trifle more alcohol than beer which is to be drunk at once. The common Bavarian beer is a good type of lager-bier. This contains less than three per cent. of alcohol. In fact, lager-bier is so weak that most of the superior beers, even those for immediate drinking, are stronger than lager. Of these the best is Dreher's Klein Schwechater *Märzen* or March beer, in Vienna. So Bock-bier universally, (from Bock, a goat as butting everyone over who drinks it). And strongest of all, the Salvator bier of Munich brewed once a year.

"Gerhardt's *Chimie Organique*," Vol. II. p. 267, has a good article on beer. I quote from it.

Burton's ale, . . . . .	8.88	per cent. of alcohol.
Brown stout, . . . . .	6.80	" " "
London porter, . . . . .	4.20	" " "
Small beer, . . . . .	1.28	" " "
Augustiner double beer of Munich, .	3.6	" " "
Salvator bier, . . . . .	4.2	" " "
Bock bier, . . . . .	4	" " "
Common Bavarian beer, . . . . .	2.9	" " "

Thus while rum, gin, Scotch and Irish whiskeys, &c., contain fifty + per cent. of alcohol (fifty-three to fifty-four), ales never run up to nine per cent. and beers never run much above four and usually much less.

There is a good analysis of *German beers* in Liebig's and Kopps' annual report on chemistry for 1850 (Vol IV.), page 466.

In Pelouze and Fremy's *Traité de Chimie*, fifth vol., *i. e.* the second vol. of the *Chimie Organique*, page 467, there is a good article, "Beer = from 2-4 per cent. alcohol." Payen's *Précis de Chimie Industrielle*, Vol. II. p. 315, sets French beer at 4.5 per cent. Blox-



am's Chemistry, page 1491, "strong ales." Johnston's Chemistry of Common Life, first vol., p. 301, agrees with your views. Barret, D'Alcoholization, per cent. of alcohol in wines, p. 247. Henderson's History of Wines, Rhine wine, p. 221. Mulder's Chemistry of Wines.

With highest respect,

EDWARD WIGGLESWORTH, Jr.

[10.]

MILTON HILL, Dec. 14, 1871.

MY DEAR SIR:—Our legislators have not as a body, it seems to me, given so much patient thought to the subject of temperance as it demands. In dealing with a matter may I not say of such infinite importance, because its relations seem to be almost infinite as affecting the welfare of the human race, everybody, and legislators in particular, should take into consideration climate, the effect of the sun, quality of the soil, and last but not least, race. Latitude has a good deal to do with temperance, and so has race. So far as my own experience—and I may safely say I have been no small traveller—goes, I am decidedly of the opinion that where light ales are used intemperance is a minimum quantity compared with those countries where are used rum, whiskey, brandy, Madeira and sherry, and in fact where any kinds of liquor in which the percentage of alcohol is large, are drunk.

I wish to call your attention for a moment to the islands of Porto Rico and Cuba, both of them islands of importance, and where the number of inhabitants is very large. Drunkenness in these islands is rare, but the use of wine is universal. The Spanish government, wisely I think, permit the free importation of the wines of Spain into those islands; and they are so cheap, costing the consumer for the common kind about five cents a bottle, and considered so wholesome that they are used by the poorest classes. Even the caleseros, exposed both night and day to sun and rain and late hours, use them freely at their meals, and I believe with good effects. I never saw a calesero drunk, or any the worse for his drinking.

Very truly yours,

E. H. FAUCON.

Dr. HENRY I. BOWDITCH, 113 Boylston Street.

## [11.]

In the Narrative of the United States Exploring Expedition by Commodore Charles Wilkes, U. S. N.\*, we find the following ceremonial at the time of the making of the "*ava*" intoxicating drink and preparing it for the king of the Feejee Islands:

"Ava was chewing when Captain Hudson and his party entered. They were kindly received by the king who seated them near him. There is a peculiar ceremony used by these people in mixing their *ava*. It having been first chewed by several young persons, on the pouring in of the water they all raise a kind of howl. \* \* Those present were arranged in a semicircle, the chief operator being in the centre with an immense wooden bowl before him. The latter, immediately after the water is poured in, begins to strain the liquid through the woody fibres, and at the same time he sings. He is accompanied in his song by all present who likewise imitate all his motions with the upper part of their bodies while in a sitting posture. The motions keep time to the song. The king joined occasionally in the song, and when any important stage of the operations was arrived at the song ceased and a clapping of hands ensued. As each cup was filled to be served out, the ambati sitting near uttered the same wild howl as before. The first cup is filled from another, etc. \* \* \* They are very particular to see that no one touches the king's cup except the cupbearer." Thus much we learn of the ceremonial of drinking the favorite stimulus of these islands.

In Vol. 5, page 98, Com. Wilkes in giving an account of the Kingsmill islanders, while he distinctly states that "they have no intoxicating drink," also describes a "toddy," karaca, procured from the cocoanut-tree. The twig on which the nut is growing is tied up and the fruit is prevented from ripening. The twig being then cut off, the juice, a species of liquid like molasses, flows out. This drink is used at feasts and dipped out of large bowls by means of cocoanuts or human skulls.

\* Narrative, etc., by Charles Wilkes. New York: Putnam. Vol. 3, 115.

## [12.]

## DRINKING HABITS OF KAMTSCHATKA.

Dr. Lindley\* (page 38) states that the following disgusting custom prevails simply for the intoxicating effects, produced by a variety of fungus, called *Amanita Muscaria*: "It is used by the inhabitants of North-eastern Asia, in the same manner as wine, brandy, arrack, opium, etc., are used by other nations." The plant at times grows plentifully; at others is scarcely found. It is dried and preserved. It is swallowed as a bolus or taken in infusions in soups etc. Mixed with certain berries (*vaccinum uliginosum*) its effects are like those of strong wine. It makes a man a merry fool or dead drunk. It excites muscular exertion, and it produces violent spasms or narcotism according to the dose. But the most peculiar effect and which shows to what extent men will go for the sake of a stimulus, is the following which I shall describe in the words of the author:—"It is said that from time immemorial the inhabitants have known that the fungus imparts an intoxicating quality to that secretion (the urine) which continues for a considerable time after taking it. For instance, a man moderately intoxicated to-day will by the next morning have slept himself sober, but, as is the custom, by taking a teacup of his urine he will be more powerfully intoxicated than he was the preceding day. It is therefore not uncommon for confirmed drunkards to preserve their urine as a precious liquor against a scarcity of the fungus. The intoxicating quality of the urine is capable of being propagated, for every one who partakes it has his urine similarly affected. Thus, with a very few *Amanitæ* a party of drunkards may keep up their debauch for a week. Dr. Langsdorf mentions that by means of a second person taking the urine of the first, the third of the second, and so on, intoxication may be propagated through five individuals."

## [13.]

Dr. Tyler, late Superintendent of the McLean Asylum for the Insane, states to me that from long experience, he is sure that the tendency of the climate of California is to produce an exhilaration and excitement rather than depression of the nervous system and

\* The Vegetable: or the Structure, Classification and Uses of Plants, etc; by John Lindley, Ph. D., F. R. S., and L. S. 3d. ed., London: Bradbury & Evans, 1846.



that this is exactly the reverse of the English climate, which tends to a depression of the same.

This difference of climatic effects is so noticeable that Dr. Tyler has frequently seen persons coming from California with rather unbalanced minds, and they were always exhilarated, rarely if ever depressed, after arriving in New England. Such persons frequently get well here. On the contrary, a man depressed here will recover in California, whereas under the English climate the depression would be increased. Southern Europe has a more exhilarating effect.

Dr. Tyler has noticed these changes so often in his consultation experience that he feels very confident the effects are those of climate and not those produced by change of place and scene.

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#### [14.]

A physician who has under his professional charge a large institution for the maintenance of aged persons, informs us that the demand among the inmates for stimulus in the form of tea is a matter of constant observation, and he moreover gives it as his opinion that from twenty to twenty-five per cent. of the whole number are *tea-sots*, drinking tea regularly from four to six times daily, and as much oftener as they can procure it. They show the effect of this over-stimulation by increased mental irritability, muscular tremors; also in a greater or less degree by sleeplessness.

The following fact has also come to our knowledge: A domestic in the family of a friend appeared at times intoxicated. As it was certain she could not get any of the so-called intoxicating liquors, great surprise was caused, until at length the problem was solved by the discovery that the individual drank large quantities of the strongest tea, of which she was constantly sipping.

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#### [15.]

Since the presentation of this Report to the legislature, and consequently too late for publication this year the Board has received a very voluminous, interesting and valuable report on the subject of Intemperance in Sweden. The paper was prepared by Mr. Gylenshiöld, the secretary of the National Temperance Society of Sweden, and chief of an important bureau in the Department of Justice, at the request of the American minister-resident, Hon. C. C. Andrews. It will be published next year.







